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to ensure that hcssa license applicants can meet the requirement the hhsc has created an online version of the hcssa presurvey training successfully completing this computer based training cbt will fully satisfy the presurvey training licensure requirement with increasing evidence of the effectiveness of computer assisted cognitive behavioral therapy ccbt and the proliferation of mobile apps for behavioral health clinicians are beginning to integrate these resources into their treatment plans computer based training for cognitive behavioral therapy cbt4cbt what is cbt4cbt cbt4cbt teaches cognitive and behavioral skills that can help people gain control over their use of drugs or alcohol these include skills like recognizing and changing patterns of use coping with craving and urges to use drugs or drink computer based training cbt is a type of elearning that uses computers to deliver instructional content cbt can be used to train employees on new software programs company policies or safety procedures it is also an effective way to retain knowledge and provide refresher training what is computer based training usually referred to as cbt computer based training also known as computer based learning or computer based instruction is an interactive instructor less educational process practically learners interact with various types of learning material via computer computer based training cbt has revolutionized the way we learn and acquire new skills in this article we will explore the different aspects of cbt including its definition evolution key components purpose benefits methods and the future of this innovative training approach

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