



R. TRENT CODD, III
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Trent Codd's Consultation and Training Delivery History **(selected)**

CONSULTATION ACTIVITY

Professional consultation

- Consulted with four group cohorts of master clinicians in LA County consisting of 6 clinicians over 12 weeks. Consisted of supervision of supervision and supervisor calibration on the CTRS. 2018 and 2019
- Consulted with twenty-seven group cohorts in LA county consisting of five to eight clinicians per group over 16-week periods. Consisted of audio tape and case write-up review, and CTRS and CRRS Scoring. Los Angeles County Roll Out-CBT (LACRO-CBT). October 2014–present
- Consulted with clinicians across the state of Texas via the Texas DHHS. Consultation focus was elevating scores on the CTRS Agenda item. 5/9/2016
- Consulted with clinicians across the state of Texas via the Texas DHHS. Consultation focus was elevating scores on the CTRS Homework item. 4/13/2016
- Consulted with two CBT Post-doctoral students at Harbor UCLA. Consultation focus was calibration with the CTRS.
- Consulted with three CBT supervisors around CBT Supervision. One hour consultations part of follow-up from ABCT workshop on CBT supervision; January 7, 2015
- Consulted with two advanced licensed mental health providers with Ventura County, CA. Consisted of ten sessions with audio recording review of individual therapy and CBT supervision sessions.

- Group clinical consultation to Ventura County, CA mental health providers. Consisted of six sessions with audio tape review, CTRS scoring and group consultation via Webex
- Monthly clinical consultation to Youth Unlimited staff around CBT implementation with child and adolescent population across a range of clinical presentations. 2012–2015

Community clinical consultation

- Delivered four, one-hour resiliency training sessions to cohort of law enforcement professionals in the southeast. Asheville, NC. 8/18

TRAINING/WORKSHOPS DELIVERED

Intensive training provided

- **Codd, III, R.T.** & Ludgate, J. (2022). Co-directed six-month intensive training program in Cognitive-Behavioral Therapy. Consisted of workshops and clinical consultation. Training delivered in collaboration with MAHEC. Asheville, NC.
- **Codd, III, R.T.** & Ludgate, J. (2021). Co-directed six-month intensive training program in Cognitive-Behavioral Therapy. Consisted of workshops and clinical consultation. Training delivered in collaboration with MAHEC. Asheville, NC.
- **Codd, III, R.T.** (January 2021 – May 2021). Provided six months of intensive CBT training to SC Department of Alcohol and Other Drug Services (DAODAS) clinicians. Consisted of didactic training, small group clinical consultation, CBT supervisor training, booster training, and train the trainers. Delivered virtually to clinicians across the state of SC.
- **Codd, III, R.T.** (December 14, 15, 16, 2011). Provided twenty-four hours of onsite CBT training to Family Services Inc. Winston-Salem, NC.
- **Codd, III, R.T.** (2011-2012). Provided monthly group clinical consultation for one year. Alexander Youth Services. Charlotte, NC.
- **Codd, III, R.T.** (June 2011). Provided twenty-four hours of onsite CBT training over three eight-hour days to Precision Healthcare. Kinston, NC.
- **Codd, III, R.T.** (June 2011). Provided twenty-four hours of onsite CBT training over three eight-hour days to RHA. Asheville, NC.
- **Codd, III, R.T.** (Spring 2011) Provided six hours of onsite training in Behavior Management for Disruptive Behavior Disorders. Alexander Youth Network. Charlotte, NC.
- **Codd, III, R.T.** & Ludgate, J. (August 2010). Provided twenty-four hours of onsite CBT training over three eight-hour days to Melange Health Solutions. Charlotte, NC.
- **Codd, III, R.T.** & Ludgate, J. (June and July 2010). Provided twenty-four hours of onsite CBT training over three eight-hour days to Focus Point, Inc. Charlotte, NC.
- **Codd, III, R.T.** & Ludgate, J. (June 2010). Provided twenty-four hours of onsite CBT training over three eight-hour days to Carolina Comprehensive Services. Charlotte, NC.
- **Codd, III, R.T.** & Ludgate, J. (June 16, 17, 18, 2010). Provided three days of intensive training in CBT. Asheville, NC.
- **Codd, III, R.T.** & Ludgate, J. Co-directed nine-month intensive training program in Cognitive-Behavioral Therapy that recycled annually. Consisted of workshops and clinical consultation. Asheville, NC.

Psychiatric Residency training

- **Codd, III, R.T.** (2018-2021). Delivered didactics in various CBT topics to psychiatry residents. Mountain Area Health Education Center (MAHEC) residency program; Asheville, NC

Community Presentations

- **Codd, III, R.T.** (February 19, 2021). CBT to prevent burnout and stress in the age of COVID-19. Invited, one-hour presentation provided to local attorneys for continuing legal education (CLE). Presentation delivered in collaboration with The Mediation Center. Asheville, NC.
- **Codd, III, R.T.** (January 29, 2021). CBT to prevent burnout and stress in the age of COVID-19. Invited, one-hour presentation provided to local attorneys for continuing legal education (CLE). Presentation delivered in collaboration with The Mediation Center. Asheville, NC.
- **Codd, III, R.T.** (February 7, 2020). Using CBT skills to reduce stress and prevent burnout. Invited, one-hour presentation provided to local attorneys for continuing legal education (CLE). Presentation delivered in collaboration with The Mediation Center. Asheville, NC.
- **Codd, III, R.T.** (January 10, 2020). Using CBT skills to reduce stress and prevent burnout. Invited, one-hour presentation provided to local attorneys for continuing legal education (CLE). Presentation delivered in collaboration with The Mediation Center. Asheville, NC.
- **Codd, III, R. T.** (February, 28, 2019). How to socialize your kids in the healthy use of technology. Invited, one-hour presentation given to parents at Carolina Day School. Asheville, NC.
- **Codd, III, R.T.** (October 25, 2017). Five keys to effective behavior management. Invited, one-hour presentation given to parents at Carolina Day School. Asheville, NC.
- **Codd, III, R.T.** with Baker, R. (March 18, 2008). Cognitive-Behavioral Therapy: What it is and where it's going. Invited one-hour presentation given at NAMI-WNC. Asheville, NC.
- **Codd, III, R.T.** (July 15, 2003). What is cognitive-behavioral therapy? Invited, thirty-minute presentation given to NAMI Western North Carolina.
- **Codd, III, R.T.** (January 30, 2002). Victimology: A primer. Invited, thirty-minute presentation given at Four Seasons Martial Arts Academy. Asheville, NC.

Professional workshops delivered

- **Codd, III, R.T.** Cognitive-Behavioral Therapy and Socratic Self-Doubt. Socratic Method Conference. Plato's Academy Centre. August 27, 2022.
- **Codd, III, R. T.** CBT Consultation. Six hours. LA County CBT Clinical Champions. LA County, CA. January 21, 2022.
- **Codd, III, R. T.** CBT: Theory and Practice. Three-hour session delivered twice (six hours total) to Community and Family Resources. Ft. Dodge, IA. November 12, 2021.

- Cox, K. & **Codd, III, R.T.** Current directions in the treatment of PTSD. One hour. Western Carolina University Department of Psychology. October 29, 2021.
- Cox, K. & **Codd, III, R.T.** Current directions in the treatment of PTSD. One hour. Appalachian State University Department of Psychology. October 8, 2021. Boone, NC.
- Cox, K. & **Codd, III, R.T.** Current directions in the treatment of PTSD. One-and-a-half hours. WNC Psychological Association. September 9, 2021. Asheville, NC.
- **Codd, III, R.T.** Obsessive-Compulsive Disorder diagnosis and treatment 101. One-hour professional webinar. June 18, 2021
- **Codd, III, R.T.** CBT Strategies for Substance Use Disorders. One-and-a-half-hour professional webinar delivered for CE Learning Systems. May 8, 2021.
- **Codd, III, R. T.** Introduction to Radically Open Dialectical Behavior Therapy for Disorders of Overcontrol. One-hour professional webinar delivered for Anxiety and Depression Association of America. December 10, 2020.
- **Codd, III, R.T.** Acceptance and Commitment Therapy: An introduction. Training for Whipporwill residential paraprofessional staff (cohort 2). Three hours. March 10, 2020. Asheville, NC.
- **Codd, III, R.T.** Acceptance and Commitment Therapy: An introduction. Training for Whipporwill residential paraprofessional staff (cohort 1). Three hours. March 5, 2020. Asheville, NC.
- **Codd, III, R.T.** CBT for generalized anxiety disorder. Three hours. February 21, 2020. Asheville, NC.
- **Codd, III, R.T.** CBT for suicidal behavior. Three hours. January 24, 2020. Asheville, NC.
- **Codd, III, R.T.,** Tirch, D., Silberstein-Tirch, L., & Wright, J. Self-practice and self-reflection: Developing personal and professional mastery of Acceptance and Commitment Therapy through self-practice of core ACT processes. Three hours. November 23, 2019. ABCT Annual Conference. Atlanta, GA.
- **Codd, III, R. T.** Resiliency: Health of the care giver/Care for you. One hour. November 6, 2018. 3rd annual Corey Pittman educational symposium: Contemporary continuum of care. Mountain Area Health Education Center (MAHEC). Asheville, NC.
- **Codd, III, R.T.** Radically Open Dialectical Behavior Therapy (RO DBT) for disorders of overcontrol: An introduction. Six hours. October 19, 2018. Western Carolina University. Cullowhee, NC.
- **Codd, III, R.T.** Suicide Risk Assessment and Intervention. Three hours. August 31, 2018. Western Carolina University. Cullowhee, NC.
- **Codd, III, R.T.** Radically Open Dialectical Behavior Therapy (RO DBT) for disorders of overcontrol: An introduction. Three hours. October 28, 2017. Southeastern Association for Contextual Behavioral Science bi-annual conference. St. Petersburg, FL.
- **Codd, III, R.T.** Radically Open Dialectical Behavior Therapy (RO DBT) for disorders of overcontrol: An introduction. Six hours. October 20, 2017. Asheville, NC.
- **Codd, III, R.T.** Developing a local agency plan for responding to suicidal individuals. One hour. March 24, 2016. Suicide Awareness and Prevention Summit. Asheville, NC.
- **Codd, III, R. T.,** Sudak, D., & Sokol, L. Empirically-supported educational methods: Effective tools to teach CBT. Three hours. October 28, 2016. Association for Behavioral and Cognitive Therapies (ABCT). New York, NY.

- **Codd, III, R.T.** & Sudak, D. Teaching and Supervising Cognitive-Behavioral Therapy: Delivering effective multidisciplinary training. Two hours. April 3, 2016. Anxiety and Depression Association of America (ADAA). Philadelphia, PA.
- **Codd, III, R.T.** Foundations of Cognitive-Behavioral Therapy. Twenty-four hours. December 3 & 4, 2015 & January 8, 2016. Asheville, NC.
- Sudak, D., **Codd, R.T., III**, Sokol, L., Gittes-Fox, M., Reiser, R. & Ludgate, J. (2015). Teaching and supervising cognitive behavioral therapy. Five hours. Association for Behavioral and Cognitive Therapies. Chicago, IL.
- **Codd, R.T., III**. Three-hour Acceptance and Commitment Therapy (ACT) workshop for Direct Care Staff at J. Iverson Riddle Center. April 23, 2015. Morganton, NC.
- Sudak, D., **Codd, R.T., III**, Sokol, L. (2014). Teaching and supervising cognitive behavioral therapy: Delivering effective multidisciplinary training. Three hours. Association for Behavioral and Cognitive Therapies (ABCT). Philadelphia, PA.
- **Codd, III, R. T.** (October 29, 2014). Cognitive-Behavioral Therapy for Panic and Generalized Anxiety Disorder. Six hours. Training delivered to Army Embedded Behavioral Health Clinicians. Ft. Bragg, NC.
- **Codd, III, R. T.** (June 7, 2013). Cognitive-Behavioral Therapy for Suicidal Patients. Six hours. Asheville, NC.
- **Codd, III, R.T.** (May 17, 2013). Cognitive-Behavioral Therapy for Suicidal Patients. Six hours. Cleveland, Ohio.
- **Codd, III, R.T.** (May 16, 2013). Cognitive-Behavioral Therapy for Suicidal Patients. Six hours. Columbus, Ohio.
- **Codd, III, R.T.** (May 15, 2013). Cognitive-Behavioral Therapy for Suicidal Patients. Six hours. Cincinnati, Ohio.
- **Codd, III, R.T.** (October 26, 2012). Cognitive-Behavioral Therapy for Obsessive-compulsive Disorder. Six hours. Jacksonville, FL.
- **Codd, III, R.T.** (October 25, 2012). Cognitive-Behavioral Therapy for Obsessive-compulsive Disorder. Six hours. Orlando, FL.
- **Codd, III, R.T.** (October 24, 2012). Cognitive-Behavioral Therapy for Obsessive-compulsive Disorder. Six hours. West Palm Beach, FL.
- **Codd, III, R.T.** (October 23, 2012). Cognitive-Behavioral Therapy for Obsessive-compulsive Disorder. Six hours. Miami, FL.
- **Codd, III, R.T.** (March, 2012). Cognitive-Behavior Therapy for SPMI. RHA. Ten-hour training over two days. Asheville, NC.
- **Codd, III, R. T.** (April, 2012). CBT-based family therapy. Youth Unlimited, Inc. Six-hour training. Follow-up clinical consultation provided. Sophia, NC.
- **Codd, III, R.T.** (March, 2012). Cognitive case conceptualization and intervention. Youth Unlimited, Inc. Six-hour training. Follow-up clinical consultation provided. Sophia, NC.
- **Codd, III, R.T.** (February 14, 2012). Functional assessment and intervention. Youth Unlimited, Inc. Six-hour training. Follow-up clinical consultation provided. Sophia, NC.
- **Codd, III, R.T.** (January 27, 2012). Cognitive-behavioral Therapy: Master six essential skills. Six hours. Asheville, NC.
- **Codd, III, R.T.** (December 9, 2011). Cognitive-Behavioral Therapy for Suicidal Patients. Six hours. Raleigh, NC.

- **Codd, III, R.T.** (November 4, 2011). Cognitive-Behavioral Therapy for Suicidal Patients. Six hours. Orlando, FL.
- **Codd, III, R.T.** & Ludgate, J. (October 21, 2011). Cognitive-Behavioral Therapy for Suicidal Patients. Six hours. Asheville, NC.
- **Codd, III, R.T.** (March 9–11, 2011). Survey of Cognitive-Behavior Therapy. Twenty-four hours. Durham, NC.
- **Codd, III, R.T.** (February 23–25, 2011). Survey of Cognitive-Behavior Therapy. Twenty-four hours. Charlotte, NC.
- **Codd, III, R.T.** (January 14, 2011). Intermediate Cognitive-Behavioral Therapy with Medical Populations. Eight hours. Texas Tech University Health Sciences Center Nursing Staff. Larry Combest Community Health & Wellness Center. Lubbock, TX.
- **Codd, III, R.T.** & Ludgate, J. (July 19, 2010). Cognitive-Behavioral Therapy with Medical Populations. Eight hours. Texas Tech University Health Sciences Center's Nursing Staff. Larry Combest Community Health & Wellness Center. Lubbock, TX.
- **Codd, III, R.T.** (April 23, 2010). CBT with Children and Adolescents. Invited, three-hour workshop given to the 17th annual School and Community Counselors Conference. Asheville, NC.
- **Codd, III, R.T.** (April 21, 2010). Motivational Interviewing. Invited, two-and-a-half-hour workshop given to the Addiction Professionals of North Carolina Spring Conference. Asheville, NC.
- **Codd, III, R.T.** (March 19 & 20, 2010). Introduction to Acceptance and Commitment Therapy and Acceptance and Commitment Therapy for Depression. Invited, four-and-a-half-hour presentation given at MAHEC as part of the Evidence-based psychotherapy conference. Asheville, NC.
- **Codd, III, R.T.** (March 16, 2010). Treating the dental anxiety/phobic patient. Invited presentation given to Buncombe County Dental study group. One hour. Asheville, NC.
- **Codd, III, R.T.** (January 22, 2010). Motivational Interviewing: Increasing client motivation for change. Invited, three-hour presentation given at MAHEC. Asheville, NC. Workshop provided twice this date to different cohorts.
- **Codd, III, R.T.** (October 19, 2009). Cognitive-Behavioral Therapy for mood disorders and co-occurring conditions. Invited, six-hour presentation given at MAHEC. Asheville, NC.
- **Codd, III, R.T.** (October 16, 2009). Motivational Interviewing in the primary care setting. Invited, one-hour presentation given at Don Teeter, MD's medical office to Dr. Teeter and staff. Waynesville, NC.
- **Codd, III, R.T.** (September 15, 2009). Mental Health Conditions in Medical Settings: Evidence-based brief therapy. Invited, three-hour presentation given at MAHEC. Asheville, NC.
- **Codd, III, R.T.** (May 13, 2009). Cognitive-Behavioral Therapy for Co-morbid Borderline Personality Disorder and Substance Use Disorder. Invited, two-hour presentation given at Addiction Focus on Women Conference. Hendersonville, NC.
- **Codd, III, R.T.** (October 10, 2008). Acceptance and Commitment Therapy: The New Wave of CBT. Invited, six-and-a-half-hour presentation given at East Tennessee State University. Department of Psychology. Johnson City, TN.

- **Codd, III, R.T.** with Ludgate, J. (September 19, 2008). Cognitive-Behavioral Therapy for Substance Abuse. Six hours. Asheville, NC.
- **Codd, III, R.T.** with Ludgate, J. (August 11, 2008). Cognitive-Behavioral Therapy: The Basics. Three hours. NC Department of Juvenile Justice. Brevard, NC.
- **Codd, III, R.T.** (May 8, 2008). Acceptance and Commitment Therapy: The New Wave of CBT. Six hours. Mountain Area Health Education Center (MAHEC). Asheville, NC.
- **Codd, III, R.T.** with Ludgate, J. (November 30, 2007). CBT for Complex Mood Disorders. Six hours. Asheville, NC.
- **Codd, III, R.T.** with Ludgate, J. (October 12, 2007). CBT for Complex Anxiety Disorders. Six hours. Asheville, NC.
- **Codd, III, R.T.** with Ludgate, J. (June 22, 2007). Applications of Cognitive-Behavior Therapy with specific Axis II Disorders. Six hours. Asheville, NC.
- **Codd, III, R.T.** with Ludgate, J. (March 2, 2007). Cognitive-Behavior Therapy with Axis II clients and specific applications with Borderline Personality Disorder. Six-hour presentation given at The Creative Alternatives in Therapy Conference. Abingdon, VA.
- **Codd, III, R.T.** (September 28, 2006). Psychological approaches to chronic disease management. Two hours. Western Dietetic Association. Asheville, NC
- **Codd, III, R.T.** (August 14, 2006). Cognitive-Behavioral Therapy for incarcerated adolescents. Eight hours. NC Department of Juvenile Justice. Camp Woodson. Brevard, NC.
- **Codd, III, R.T.** (October 22, 2004). Cognitive-Behavioral Therapy for substance abuse: A primer. Three hours. ARP/Phoenix. Asheville, NC.
- **Codd, III, R.T.** (March 23, 2004). Adolescent substance abuse treatment update. One hour. WNC regional meeting of the NC Association of School Based/Linked Health Centers. Mountain Area Health Education Center. Asheville, NC.
- **Codd, III, R.T.** (March 3, 2003). Cognitive-behavioral therapy for Cluster B personality disorders. Six hours. Mountain Area Health Education Center. Asheville, NC.
- **Codd, III, R.T.** (October 26, 2002). Helping diabetics cope: A cognitive-behavioral approach. One hour and a half. Licensed Professional Counselors Association of North Carolina annual conference. Wilmington, NC.
- **Codd, III, R.T.** (September 10, 2002). Fundamentals of Cognitive Behavior Therapy. One-and-a-half-hour Lunch & Learn program. Mountain Area Health Education Center. Asheville, NC.
- **Codd, III, R.T.** (November 10, 2001). The antisocial personalities and crime. Five hours. Criminal Justice Department at Jacksonville State University. Jacksonville, AL.
- **Codd, III, R.T.** (September 14, 2001). Cognitive Therapy for substance abuse. One hour. NC child and adolescent substance abuse regional residential program initiative forum. Swain Recovery Center. Black Mountain, NC.