**CHANGES IN CORE COGNITIVE BEHAVIOR THERAPY SKILLS AFTER A BRIEF BEHAVIORAL SKILLS TRAINING SESSION**

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**Objectives:** Effective training is important for practitioners implementing evidence-based interventions. There is evidence to suggest that poorly implemented interventions can have negative impacts on client outcomes.**1, 2** However, there is limited research on the effects of various training mechanisms for therapists implementing manualized interventions. Preliminary findings have shown that therapists demonstrate moderate improvements in accuracy and quality of intervention delivery after a brief behavioral skills training (BST) session composed of instructions, modeling, rehearsal and feedback, vs. independent self-study. Therapists also indicated preference for the BST session over self-study.**3** The effects of BST on therapist core competencies for implementing CBT interventions have yet to be evaluated. The current study attempts to address this gap in the literature.

**Method:**  We conducted multiple-probe designs across two dyads of therapists (*n* = 4), and a delayed multiple-probe design across a triad of therapists (*N* = 5) who were recruited to implement a manualized CBT intervention for youth with neurodevelopmental disorders. We assessed therapists’ CBT competencies using *The Assessment of Core Cognitive Behavioral Therapy Skills* (ACCS)**4** in mock sessions with a research assistant roleplaying a child with autism spectrum disorder. The ACCS includes skills such as implementing interventions, reviewing homework, effective use of time, fostering therapeutic relationships and effective two-way communication. After baseline assessments, therapists received a 3-hour BST session with a BCBA-D familiar with the manualized intervention. Trained observers coded therapists’ CBT skills using the ACCS in baseline and post-BST and 30% of the videos were also coded for interobserver agreement (IOA).

**Results:** Results are currently being coded and analyzed.

**Discussions/Conclusions:** Effective and efficient therapist training mechanisms are important for ensuring quality of intervention delivery which may also lead to more positive outcomes for clients. Although BST sessions are more resource intensive than other training mechanisms such as self-study, dedicating resources to training at the outset may lead to long term savings in terms of resources and optimal outcomes for clients overall. Future research should conduct a component analysis to investigate which components of BST are necessary for improving therapists’ core CBT competencies, and how intervention quality impacts client outcomes.

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