New Jersey Center of Excellence for Recovery-Oriented Cognitive Therapy

CT-R provides concrete, actionable steps to promote recovery, wellness, and resiliency for individuals experiencing serious mental health challenges

A Chance to Enhance Your Effectiveness

- Find creative ways to engage more people
- Collaborate to promote hope and meaningful action
- Empower people to get “unstuck”
- Promote success in living personal values
- Employ practical strategies to overcome a range of challenges
- Work with experts to practice your new CT-R skills

Get Involved!

New Jersey adult mental health programs are eligible to participate. All roles and disciplines in care can benefit from training.

Learn More:


A federal block grant funds The NJ COE for CT-R; training is provided at no cost to participating agencies

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