

Session Three

Thursday-Friday, May 19-20, 2016

Session Three is a two-day classroom training. Participants must attend both days in full to receive CE credits. No partial credit will be awarded for partial attendance.

Cognitive Processing Therapy (CPT)

This intensive 2-day module provides training in CPT, an evidence-based treatment for PTSD. It presents theory underlying CPT, a brief overview of CPT's empirical support, and step-by-step instructions in CPT protocol techniques. Throughout the workshop strategies for conceptualizing and dealing with co-morbidity, managing avoidance, and keeping patients optimally engaged are provided. Video clips of expert therapists demonstrate CPT skills, and participants are asked to do role-plays and other assignments to learn concepts and practice skills. Attendance on both days is required. Participants will receive *Cognitive Processing Therapy, Veteran/Military Version: Therapist's Manual* by Resick et al., May 2014 (fourth printing) as part of the workshop.

Learning Objectives:

1. Describe symptoms of PTSD through the lens of CPT theory.
2. Identify some of the empirical evidence of CPT's effectiveness in reducing PTSD.
3. Identify co-morbid psychological disorders, and personality and environmental factors.
4. Describe methods of assessing CPT treatment effectiveness.
5. Implement the CPT standard protocol with individual patients diagnosed with PTSD.