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# CDP Presents: Clinical Approaches to Working with Guilt in Patients with PTSD

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2/27/2025

A Live, Interactive Webinar

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## **Description:**

Guilt is a common symptom in patients presenting with PTSD, but many providers find it difficult to address effectively in psychotherapy. Successful intervention is not a one-size-fits-all approach and requires a strong conceptualization, as well as time and patience. In this webinar, participants will learn how guilt is conceptualized in several evidence-based approaches. Multiple techniques to address guilt will be introduced and contextualized within evidence-based psychotherapy.

Total CE Credits: 1.5

Total Contact Hours: 1.5

## **Learning Objectives:**

Following the training, attendees will be able to:

1. Compare how guilt is conceptualized in different treatment models
2. Evaluate which interventions are most likely to be effective for different presentations of guilt

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Content Level:** Introductory/Beginner

## **Agenda:**

### **Agenda for CDP Presents Webinar**

<b>Webinar room prep and Lobby time</b>	<b>11:30 am - 12:00 PM</b>
<b>Welcome to CDPP and Speaker Intro</b>	<b>12:00 pm - 12:05 PM</b>
<b>Speaker Presents</b>	<b>12:05 pm - 1:25 PM</b>
<b>Question and Answer</b>	<b>1:25 pm - 1:30 PM</b>

## **Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training.

Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available from attendee CE21 accounts within 30 days after all course requirements have been completed.

**American Psychological Association Sponsor Approval:**

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

**Association of Social Work Boards Approved Continuing Education Provider Approval:**

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 1.5 Live, Interactive Webinar continuing education credits.

**New York State Education Department's State Board for Psychology Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

**New York State Education Department's State Board for Social Work Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** 2/27/2025

**Time:** 12:00pm - 1:30pm ET

**Registration Information:** Registration is done through event management system CE21, links will be provided

to prospective attendees.

**Registration Deadline:** Registration for this training closes one week prior to the training date.

**Cancellations/Questions:** Please contact [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** There is no cost associated with this training.

**Location Information:** Participants will login to the webinar via the CE21 account using the green launch webinar button.

**Instructional Format:** This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

**System Requirements:**

**Zoom:**

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

**Special Accommodations:** If you require special accommodations due to a disability, please contact Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

**Grievances:** For any grievances or concerns with this training, including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto:amanda.stanley-hulsey.ctr@usuhs.edu)

**Instructor Biographies:**

Dr. Carin Lefkowitz is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda. As a Subject Matter Expert in PTSD and insomnia disorders, she develops and delivers training on the evidence-based assessment and treatment of these conditions. She is a national CPT trainer and consultant.

Dr. Kelly Chrestman is a senior military behavioral health psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda. She is a subject matter expert in the assessment and treatment of PTSD and a certified PE trainer and consultant.

\*\*There is no commercial support or conflict of interest to report for these presenters.