



Cognitive Processing Therapy (CPT)

5-6 March 2024

A Live, Interactive Webinar

Description:

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 must acquire a copy of Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016 (1st Edition) prior to the workshop.

Total CE Credits: 14.0

Total Contact Hours: 14.0

Learning Objectives:

Following the training, attendees will be able to:

1. Analyze symptoms of PTSD through the lens of CPT theory.
2. Evaluate the empirical evidence of CPT's effectiveness in reducing PTSD.
3. Appraise methods of assessing CPT treatment effectiveness.
4. Apply the CPT standard protocol to individual patients diagnosed with PTSD.
5. Use appropriate CPT practice assignments for effective PTSD treatment.
6. Distinguish between the two primary types of emotions.
7. Formulate appropriate goals for CPT treatment.
8. Evaluate treatment compliance during CPT.
9. Explain the concept of stuck points.
10. Differentiate between the five trauma themes.
11. Use Socratic Dialogue with CPT clients.

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

Instructional Content Level: Intermediate

Agenda:



Day One

Welcome and Introductions	10:00 AM	10:10 AM
Introduction to CPT		
Implementation	10:10 AM	11:25 AM
Therapy outcome research on CPT		
Break	11:25 AM	11:40 AM
Functional Model of PTSD & Theoretical Underpinnings		
Symptoms of PTSD and theory underlying CPT	11:40 AM	12:55 PM
How CPT works		
Brief overview of CPT manual		
PHASE I CPT: Pre-treatment		
Pre-treatment issues	12:55 PM	1:55 PM
Recommended assessment measures		
Structuring sessions		
Lunch	1:55 PM	2:55 PM
PHASE II CPT: Education: PTSD, thoughts & emotions		
Session 1		
Explaining PTSD & Cognitive Model to patients	2:55 PM	4:10 PM
Practice Exercise		
Selecting Worst Trauma		
Assigning the impact statement		
Break	4:10 PM	4:25 PM
Session 2		
Reading and processing the Impact Statement	4:25 PM	5:25 PM
Introducing & assigning ABC sheets		
Session 3		
Reviewing ABC Worksheets	5:25 PM	6:30 PM
Introduction to Socratic Dialogue		
Out-of-Training Practice for Day Two:		
Read: Chap. 4 Preparing to Deliver CPT (pgs.62-78)		
Do: "CPT Training Practice Assignment" handout on stuck points		
Adjourn	6:30 PM	

Day Two

Welcome back: Homework review and questions	10:00 AM	10:15 AM
PHASE III CPT: Processing the trauma		
Session 4		
Socratic Dialogue	10:15 AM	11:45 AM
Working with Assimilation		
Introducing and assigning Challenging Questions Worksheet		
Break	11:45 AM	12:00 PM
Session 5		
Role play on Challenging Questions Worksheet	12:00 PM	1:00 PM



Introducing and assigning Patterns of Problematic Thinking worksheet		
PHASE IV CPT: Learning to challenge		
Sessions 6 and 7		
Reviewing Patterns of Problematic Thinking Worksheet	1:00 PM	2:00 PM
Introducing & working with the Challenging Beliefs Worksheets (CBW)		
Introducing trauma theme #1: Safety		
Lunch	2:00 PM	3:00 PM
PHASE V CPT: Trauma themes		
Sessions 8 and 9		
Reviewing Safety module	3:00 PM	4:15 PM
Role play on CBW/Safety		
Introduce and review Trust module		
Introduce Power/Control module		
Break	4:15 PM	4:30 PM
Session 10		
Review Power/Control module		
Introduce Esteem module and behavioral assignments		
Session 11		
Review Esteem module		
Introduce Intimacy module		
Assign final Impact Statement		
PHASE VI CPT: Facing the future	4:30 PM	6:30 PM
Session 12		
Review Intimacy module		
Final Impact Statement		
Review and goals		
Variation of CPT: CPT with Written Accounts		
CPT Consultation		
CDP Resources		
Adjourn	6:30 PM	

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 emailed 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 14.0 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 katie.medina.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 5-6 March 2024

Time: 10:00 am – 6:30 pm Eastern

Registration Information: <https://deploymentpsych.org/training>

Registration Deadline: Registration will close one week prior to the class start date.

Cancellations/Questions: Please contact katie.medina.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: This training is free for those with a .mil email address and \$45.00 for all others. Registration fees will be refunded to participants who send a written cancellation via email to Katie.medina.ctr@usuhs.edu no less than 2 weeks before the training. No refunds will be made after the training.

Required Materials:

Participants must acquire a copy of Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016 (1st Edition) prior to the workshop. This manual can be found online and at



many retail booksellers.

Location Information: Online via Zoom

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 Katie Medina at katie.medina.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 Milochik, via email at Amanda.milochik.ctr@usuhs.edu.

Instructor Biographies:

Carin M. Lefkowitz, Psy.D., is a clinical psychologist and Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Lefkowitz earned her M.A. and Psy.D. in clinical psychology at Widener University, with a concentration in cognitive-behavioral therapy.

Prior to joining the CDP, she served as a psychologist at the Philadelphia VA Medical Center. In this capacity she provided individual and group psychotherapy with a focus on evidence-based treatments for PTSD and insomnia. She also served as a clinical supervisor to Vet Center clinicians, and psychology interns and practicum students at the Medical Center. Dr. Lefkowitz was a therapist on studies of evidence-based treatments for insomnia and traumatic nightmares, and coordinated the Medical Center's Cognitive Processing Therapy program.

Dr. Lefkowitz has published peer reviewed articles on prolonged exposure treatment for PTSD and innovative training options in sleep disorders. She is an Assistant Professor in the Department of Medical and Clinical Psychology at USUHS and maintains an adjunct instructor appointment with the Institute for Graduate Clinical Psychology at Widener University. She was previously an adjunct instructor in Chestnut Hill College's graduate psychology program and a Clinical Associate of the University of Pennsylvania's department of psychiatry.

Timothy Rogers, PhD., is currently employed by the Henry Jackson Foundation as an Assistant Director for Training and Education at the Uniformed Services University of Health Sciences Center for



Deployment Psychology. He is responsible for managing the development, delivery, and evaluation of a range of clinical training and research programs and serves as a subject matter expert/trainer on evidence-based psychotherapies for Posttraumatic Stress Disorder and Insomnia.

Dr. Rogers received his Ph.D. in 2009 in Counseling Psychology at the University of Akron. He completed his Clinical Psychology Residency at Wilford Hall Medical Center and served over six years as an active-duty psychologist and deployed in support of Operation Enduring Freedom. Dr. Rogers also served for six years as the Associate Program Director for the USAF Clinical Psychology Internship at Wilford Hall in San Antonio Texas. Research interests include help-seeking behaviors, PTSD and insomnia treatment, and training in health service psychology. Dr. Rogers currently serves as an APA accreditation site visitor team chair for DoD and VA Clinical Psychology Internships.

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