



Cognitive Processing Therapy (CPT)

June 8-9, 2022

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 will receive *Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016 (1st Edition)* as part of the workshop.

Total Credits: 14

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

0900 – 0915 **Welcome and Introductions**

0915 – 1030 **Introduction to CPT**

Implementation

Therapy outcome research on CPT

1030 – 1045 **Break**

1045 – 1200 **Functional Model of PTSD & Theoretical Underpinnings**

Symptoms of PTSD and theory underlying CPT

How CPT works

Brief overview of CPT manual

1200– 1300 **PHASE I CPT: Pre-treatment**

Pre-treatment issues

Recommended assessment measures

Structuring sessions

1300 - 1400 **Lunch (on your own)**

1400 – 1515 **PHASE II CPT: Education: PTSD, thoughts & emotions**

Session 1 Explaining PTSD & Cognitive Model to patients

Practice Exercise

Selecting Worst Trauma

Assigning the impact statement

1515 – 1530 **Break**

1530 – 1630 **Session 2**



Reading and processing the Impact Statement

Introducing & assigning ABC sheets

1630 – 1730 Session 3

Reviewing ABC Worksheets

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

1730 Adjourn for the day

Day Two

0900 – 0915 Welcome back: Homework review and questions

0915 – 1045 PHASE III CPT: Processing the trauma

Session 4 Socratic Dialogue

Working with Assimilation

Introducing and assigning Challenging Questions Worksheet

1045 – 1100 Break

1100 – 1200 Session 5

Role play on Challenging Questions Worksheet

Introducing and assigning Patterns of Problematic Thinking worksheet

1200 – 1300 PHASE IV CPT: Learning to challenge

Sessions 6 and 7

Reviewing Patterns of Problematic Thinking Worksheet

Introducing & working with the Challenging Beliefs Worksheets (CBW)



Introducing trauma theme #1: Safety

1300 – 1400 **Lunch (on your own)**

1400 – 1515 **PHASE V CPT: Trauma themes**

Sessions 8 and 9

Reviewing Safety module

Role play on CBW/Safety

Introduce and review Trust module

Introduce Power/Control module

1515 – 1530 **Break**

1530 – 1730 **Session 10**

Review Power/Control module

Introduce Esteem module and behavioural assignments

Session 11 Review Esteem module

Introduce Intimacy module

Assign final Impact Statement

PHASE VI CPT:

Facing the future Session 12

Review Intimacy module

Final Impact Statement

Review and goals

Variation of CPT: CPT with Written Accounts

CPT Consultation

CDP Resources

1730 **Adjourn**



OUT-OF-TRAINING PRACTICE: Visit “The PTSD Experience” in Second Life, hosted by Center for Deployment Psychology

*Please note that agenda times are approximate and subject to change, depending on the needs of the workshop.

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 social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged. If you do not wish to complete the evaluation but desire to receive psychology CEs please contact the 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 for download from CE21 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: 5/19/2022 - 5/19/2025. Social workers completing this course receive 14 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to Aric Bowie at aric.bowie.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: June 8-9, 2022

Time: 9:00am – 5:30 pm Eastern

Registration Information: Registration is done through event management system CE21, and the link will be provided to prospective attendees via the CDP website (<https://deploymentpsych.ce21.com/item/cognitive-processing-therapy-cpt-98230>).

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

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



Registration Cost/Refunds: \$45

Location Information: Training will be held via Zoom.

Please arrive within 30 minutes prior to the beginning of the training to complete all registration forms and sign-in documents.

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

Required Materials:

Attendees are also responsible for acquiring a copy of the required text for this workshop **Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016 (1st Edition) [ISBN: 978-1462528646]** as part of the workshop. Attendees are responsible to acquire a copy of the text prior to the workshop. It is available in print and electronic versions, and may be purchased from a number of vendors. The following links are provided for convenience only, and CDP does not endorse any specific vendor.

Please note: Due to shipping constraints, we recommend purchasing the e-book version of the manual to have immediate access for the workshop.

- https://www.amazon.com/Cognitive-Processing-Therapy-PTSD-Comprehensive-ebook-dp-B01NCJ7LV1/dp/B01NCJ7LV1/ref=mt_kindle?_encoding=UTF8&me=&qid=
- <https://www.guilford.com/books/Cognitive-Processing-Therapy-for-PTSD/Resick-Monson-Chard/9781462528646/authors>
- https://books.google.com/books/about/Cognitive_Processing_Therapy_for_PTSD.html?id=8Z5jDAAAQBAJ

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 Aric Bowie at aric.bowie.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.

Debra Nofziger, Psy.D., is a Military Behavioral Health Psychologist and certified Cognitive Processing Therapy Trainer with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Located in San Antonio, TX, she develops, maintains, and conducts virtual and in-person training related to military deployments, culture, posttraumatic stress, and other psychological and medical conditions Service members and Veterans experience. Dr. Nofziger is the CDP Army POC, providing outreach and support to Army Behavioral Health training programs, behavioral health leadership, and individual military providers.

From 2007 to mid-2020, Dr. Nofziger served as the CDP Military Internship Behavioral Health Psychologist at Brooke Army Medical Center (BAMC) in San Antonio, TX. She assisted with managing multiple behavioral health training programs, including the Clinical Psychology Internship Program, Psychology Residency, Social Work Internship Program, and multiple post-doctoral psychology fellowships.

Dr. Nofziger was an active duty Army psychologist with assignments at BAMC and the U.S. Army School of Aviation Medicine. She was also deployed for a year to Iraq as a Brigade Psychologist with the 4th Infantry Division. Her variety of Active Duty assignments included positions as a staff psychologist in medical settings, at a community behavioral health clinic for soldiers in training, and in an aviation school environment where she was the training director for the Army's Aeromedical Psychology Training Course.

Dr. Nofziger earned her masters and doctorate degrees from Forest Institute of Professional Psychology in Springfield, Missouri. Her interests continue to be providing support to Service members, Veterans and their families through the training of military and civilian medical and behavioral health providers. Her particular interest areas are in the treatment of trauma and moral injury.

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