



Cognitive Processing Therapy (CPT)

14-15 March 2023

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 need to purchase the book, *Cognitive Processing Therapy for PTSD: A Comprehensive Manual* by Resick et al., Dec 2016 (1st Edition) as part of 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. Specifically, this workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide conventional psychotherapy to Service members at a military facility (working



directly for the military and having a .mil email address, or one pending). Nurses and nurse practitioners are also welcome as long as they meet these requirements.

Instructional Content Level: Intermediate

Agenda:

Day One

Welcome and Introductions	10:00 AM	10:15 AM
Introduction to CPT		
Implementation	10:15 AM	11:30 AM
Therapy outcome research on CPT		
Break	11:30 AM	11:45 AM
Functional Model of PTSD & Theoretical Underpinnings		
Symptoms of PTSD and theory underlying CPT		
How CPT works	11:45 AM	1:00 PM
Brief overview of CPT manual		
PHASE I CPT: Pre-treatment		
Pre-treatment issues		
Recommended assessment measures	1:00 PM	2:00 PM
Structuring sessions		
Lunch	2:00 PM	3:00 PM
PHASE II CPT: Education: PTSD, thoughts & emotions		
Session 1		
Explaining PTSD & Cognitive Model to patients		
Practice Exercise	3:00 PM	4:15 PM
Selecting Worst Trauma		
Assigning the impact statement		
Break	4:15 PM	4:30 PM
Session 2		
Reading and processing the Impact Statement	4:30 PM	5:30 PM
Introducing & assigning ABC sheets		
Session 3		
Reviewing ABC Worksheets	5:30 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	10:15 AM	11:45 AM



Socratic Dialogue Working with Assimilation Introducing and assigning Challenging Questions Worksheet		
Break	11:45 AM	12:00 PM
Session 5 Role play on Challenging Questions Worksheet Introducing and assigning Patterns of Problematic Thinking worksheet	12:00 PM	1:00 PM
<u>PHASE IV CPT: Learning to challenge</u>		
Sessions 6 and 7		
Reviewing Patterns of Problematic Thinking Worksheet Introducing & working with the Challenging Beliefs Worksheets (CBW) Introducing trauma theme #1: Safety	1:00 PM	2:00 PM
Lunch	2:00 PM	3:00 PM
<u>PHASE V CPT: Trauma themes</u>		
Sessions 8 and 9		
Reviewing Safety module Role play on CBW/Safety Introduce and review Trust module Introduce Power/Control module	3:00 PM	4:15 PM
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		
<u>PHASE VI CPT: Facing the future</u>	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 social work CE credits. For psychology CE credits,



completion of the evaluation is strongly encouraged, but if you are seeking New York State Education Department psychology credit hours then you are required to complete an evaluation. If you do not wish to complete the evaluation but desire to receive non- New York State Education Department 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 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).

Inquiries regarding CE credits may be directed via email to Katie Medina at katie.medina.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 14-15 March 2023

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 or when capacity is met.

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

Registration Cost/Refunds: Free

Required Materials:

The CPT manual is a necessary supplement to this training. This manual is available at many online



booksellers.

Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016 (1st Edition)

ISBN-13: 978-1462528646

ISBN-10: 1462528643

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:

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.

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.