



Cognitive Processing Therapy

20-21 October 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.

Total CE Credits: 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

0800 – 0815	Welcome and Introductions
0815 – 0930	Introduction to CPT Implementation Therapy outcome research on CPT
0930 – 0945	Break
0945 – 1100	Functional Model of PTSD & Theoretical Underpinnings Symptoms of PTSD and theory underlying CPT How CPT works Brief overview of CPT manual
1100– 1200	<u>PHASE I CPT: Pre-treatment</u> Pre-treatment issues Recommended assessment measures Structuring sessions
1200 - 1300	Lunch (on your own)
1300 – 1415	<u>PHASE II CPT: Education: PTSD, thoughts & emotions</u> Session 1 Explaining PTSD & Cognitive Model to patients Practice Exercise Selecting Worst Trauma Assigning the impact statement
1415 – 1430	Break
1430 – 1530	Session 2 Reading and processing the Impact Statement Introducing & assigning ABC sheets
1530 – 1630	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
1630	Adjourn for the day

Day Two

0800 – 0815	Welcome back: Homework review and questions
0815 – 0945	<u>PHASE III CPT: Processing the trauma</u> Session 4 Socratic Dialogue Working with Assimilation Introducing and assigning Challenging Questions Worksheet
0945 – 1000	Break
1000 – 1100	Session 5 Role play on Challenging Questions Worksheet Introducing and assigning Patterns of Problematic Thinking worksheet
1100 – 1200	<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

1200 – 1300

Lunch (on your own)

1300 – 1415

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

1415 – 1430

Break

1430 – 1630

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

Session 12

Review Intimacy module
Final Impact Statement
Review and goals
Variation of CPT: CPT with Written Accounts
CPT Consultation
CDP Resources

1630

Adjourn

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 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.

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

Participate:

Online Platform: Zoom

Date: 20-21 October 2022

Time: 08:00 am – 4:30 pm PACIFIC TME

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

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: Participants will need to purchase: *Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016 (1st Edition)* as part of the workshop. This manual is available at many online 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:

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.