Cognitive Processing Therapy (CPT)

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.

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

Instructional Level: Intermediate

Learning Objectives:
Following the training, providers will be able to:
1. Characterize symptoms of PTSD through the lens of CPT theory.
2. Substantiate some of the empirical evidence of CPT's effectiveness in reducing PTSD.
3. Consider co-morbid psychological disorders, and personality and environmental factors.
4. Include methods of assessing CPT treatment effectiveness.
5. Implement the CPT standard protocol with individual patients diagnosed with PTSD.
6. Articulate CPT practice assignments and rationale.
7. Communicate role of avoidance in CPT.
8. Present two primary types of emotions.
9. Implement structured treatment protocol.
10. Communicate the goals of treatment.
11. Evaluate treatment compliance.
12. Point out the concept of stuck points.
13. Articulate the concepts behind the five themes.
14. Practice the use of Socratic Dialogue.

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 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

1730 Adjourn

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

0900 - 1730 PM, Eastern Time each day

Location Information

This training will be held online via **Zoom Video Communications**.

Thursday, November 5th, 2020 from 0900 - 1730 ET
Friday, November 6th, 2020 from 0900 - 1730 ET

Participate

Registration Information:

Participants are able to find registration information for this training on the CDP website: https://deploymentpsych.org/training. Registration is done through an event management system CE 21.

Direct registration link:
https://deploymentpsych.ce21.com/item/cognitive-processing-therapy-cpt-zoom-63097

Cost/Refunds: Price: $45

Registration fees will be refunded to participants who send a written cancellation via email to aric.bowie.ctr@usuhs.edu, or christopher.adams.ctr@usuhs.edu. If cancelled by October 19th, 2020, registrants can receive a full refund. If cancelled by October 26th, 2020, registrants can receive a partial

refund for $22.50. Refunds will not be available for cancellations after 5:00 PM EST, October 26th, 2020. Attendees who do not attend any of the four scheduled open houses will not be available for refunds. Everyone must participate using a separate computer rather than joining a group of people viewing via one computer.

Special Accommodations:
If you require special accommodations due to a disability, please contact Aric Bowie (aric.bowie.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

Presenters

Andrew Santanello, Psy.D is a licensed, clinical psychologist and Military Behavioral Health Psychologist at the Center for Deployment Psychology. Dr. Santanello joined CDP after over a decade of service in the Veterans Health Administration where he was a staff psychologist in the Trauma Recovery Program. In addition to providing direct services to Veterans, Dr. Santanello also served in several leadership positions including Team Leader for the Serving Returning Veterans-Mental Health Program, Program Manager for the PTSD/SUD Psychosocial Residential Rehabilitation Program, and Evidence Based Psychotherapy coordinator during his time in the VHA. Dr. Santanello is a National Cognitive Processing Therapy (CPT) trainer. Professional interests include Evidence-Based Psychotherapy (specifically CPT, PE, CBT-D), provider resilience, and mindfulness-based interventions.

Carin M. Lefkowitz, Psy.D., is a clinical psychologist and 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 maintains an adjunct instructor appointment with the Institute for Graduate Clinical Psychology at Widener University, and 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.

Continuing Education

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.

The Center for Deployment Psychology offers attendees 14 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to aric.bowie.ctr@usuhs.edu.

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.