Cognitive Processing Therapy (CPT)

4-5 February 2025

615 E. Houston Street

San Antonio 78205

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. (Weinstein, et al., 2022; Peterson, et al., 2022; LoSavio, et al., 2023)

Total CE Credits: 14.0
Total Contact Hours: 14.0

Learning Objectives:

1. Following the training, attendees will be able to:
2. Analyze symptoms of PTSD through the lens of CPT theory.
3. Evaluate the empirical evidence of CPT's effectiveness in reducing PTSD.
4. Appraise methods of assessing CPT treatment effectiveness.
5. Apply the CPT standard protocol to individual patients diagnosed with PTSD.
6. Use appropriate CPT practice assignments for effective PTSD treatment.
7. Distinguish between the two primary types of emotions.
8. Formulate appropriate goals for CPT treatment.
9. Evaluate treatment compliance during CPT.
10. Explain the concept of stuck points.
11. Differentiate between the five trauma themes.
12. 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		
Check-in	8:15 AM	8:30 AM
Introduction & Course Overview	8:30 AM	8:45 AM
Introduction to CPT	8:45 AM	10:15 AM
Functional Model of PTSD & Theoretical Underpinnings *Includes 15 Minute Break*	10:15 AM	11:30 AM
Phase I CPT: Pre-treatment	11:30 AM	12:30 PM
Lunch Break	12:30 PM	1:30 PM
Phase II CPT: Education: PTSD, thoughts & emotions	1:30 PM	3:00 PM
Session 1		
Session 2 *Includes 15 Minute Break*	3:00 PM	4:00 PM
Session 3	4:00 PM	5:00 PM
Day Two		
Check-in	8:45 AM	9:00 AM
Welcome back: Homework review & questions	9:00 AM	9:15 AM
Phase III CPT: Processing the trauma Session 4	9:15 AM	11:00 AM
Session 5 *Includes 15 Minute Break*	11:00 AM	12:00 PM
Phase IV CPT: Learning to challenge Sessions 6 & 7	12:00 PM	1:00 PM
Lunch Break	1:00 PM	2:00 PM
Phase V CPT: Trauma themes Sessions 8 & 9	2:00 PM	3:30 PM
Session 10 *Includes 15 Minute Break* Session 11 Phase VI CPT: Facing the future Session 12	3:30 PM	5:30 PM
Wrap-Up and Q&A	5:30 PM	

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken manually, through the use of sign in/sign out sheets, 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. Evaluations and CE Credit Certificates will be available for download via CE21.

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 In-Person Event 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 Aric Bowie at Aric.Bowie.ctr@usuhs.edu.

Participate:

Date: 4-5 February 2025

Time: 8:30am – 5:00pm CT

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

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

Cancellations/Questions: Please contact aric.bowie.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 aric.bowie.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., 2024 (2nd Edition) prior to the workshop. This manual can be found online and at many retail booksellers.

Location Information:

615 E. Houston Street
San Antonio, TX 78205
4th floor conference room
*Please arrive 15-20 minutes prior to the beginning of the training to complete sign-in documents.

Instructional Format: Live, in-person

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 Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.

Instructor Biographies:

Debra Nofziger, Psy.D., is a Senior 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. 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. She also supports research and other CDP programs aimed at enhancing military behavioral science and supporting 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.

Timothy Rogers, PhD., is currently employed by the Henry Jackson Foundation as an Associate 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.