

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. The manual *Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016* (1st Edition) will be used in the workshop. There is a 30-day post-training time period to complete CE requirements.

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

Instructional Level: Intermediate

Learning Objectives:

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. Integrate information about co-morbid psychological disorders and personality and environmental factors into CPT.
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. Evaluate the role of avoidance in CPT.
8. Distinguish between the two primary types of emotions.
9. Design a structured CPT treatment protocol.
10. Formulate appropriate goals for CPT treatment.
11. Assess treatment compliance during CPT.
12. Evaluate the concept of stuck points.
13. Differentiate between the five trauma themes.
14. Use Socratic Dialogue with CPT clients.

CPT 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 **PHASE I CPT: Pre-treatment**
Pre-treatment issues
Recommended assessment measures
Structuring sessions
- 1200 - 1300 **Lunch**
- 1300 – 1415 **PHASE II CPT: Education: PTSD, thoughts & emotions**
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 **PHASE III CPT: Processing the trauma**
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 **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
- 1200 – 1300 **Lunch**
- 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

Location Information

Address:

Via Zoom webinar for Walter Reed National Military Medical Center, MD

Date:

21-22 October 2021 from 0800-1630 Eastern Time

Participate

Registration Information:

This webinar has now been opened to non-DoD providers. This workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide psychotherapy to Service members at a military facility. Nurses and nurse practitioners are also welcome as long as they meet those requirements. For registration and logistics, go to <https://cptwalterreedoct2021.eventbrite.com>.

Cost/Refunds: Free (CPT manual must be purchased separately prior to webinar)

Special Accommodations:

If you require special accommodations due to a disability, please contact Ms. Kris Hannah at kristin.hannah.ctr@usuhs.edu at least 4 weeks prior to the training so that we may provide you with appropriate service.

Presenter

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.

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 Ms. Kris Hannah at kristin.hannah.ctr@usuhs.edu.

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