



## 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* (1<sup>st</sup> 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

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## Location Information

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This training will be held online via Zoom Video Communications.  
Wednesday, June 10th, 2020 from 0900 ET - 1730 ET  
Thursday, June 11<sup>th</sup>, 2020 from 0900 ET - 1730 ET

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## Participate

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### Registration Information:

Registration fees will be refunded to participants who send a written cancellation via email to [abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org), or [cadams@deploymentpsych.org](mailto:cadams@deploymentpsych.org). If cancelled by May 27th, 2020, registrants can receive a full refund. If cancelled by June 1st, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, June 1st, 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 ([abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org)) 4 weeks prior to the training so that we may provide you with appropriate service.



## **Cost/Refunds: Price: \$45**

Registration fees will be refunded to participants who send a written cancellation via email to [abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org), or [cadams@deploymentpsych.org](mailto:cadams@deploymentpsych.org). If cancelled by March 19th, 2020, registrants can receive a full refund. If cancelled by March 26th, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, March 26th, 2020.

Special Accommodations:

If you require special accommodations due to a disability, please contact Aric Bowie ([abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org)) 4 weeks prior to the training so that we may provide you with appropriate service.

## **Presenters**

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**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.

**Debra Nofziger, Psy.D.**, is a Military Internship Behavioral Health Psychologist and certified Cognitive Processing Therapy Trainer with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Located at the Brooke Army Medical Center in San Antonio TX, she trains and supervises pre-doctoral interns and post-doctoral residents and fellows in providing evidence-based treatment to active-duty service members and their families.

Dr. Nofziger was an active duty Army psychologist with assignments at Brooke Army Medical Center and the U.S. Army School of Aviation Medicine. She was also deployed for a year in 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 military personnel and their families through direct care and training of military and civilian medical and mental health providers.

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## Continuing Education

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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. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to [abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org).

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.