

# Cognitive Processing Therapy in Group (CPT-G)

Full Day Webinars on  
2 February 2016 from 0800 – 1530 EST  
8 March 2016 from 1100 – 1830 EST  
via Adobe Connect

**Presented by the Center for Deployment Psychology for military/DoD/GS providers only.**



Center for Deployment Psychology photo

The 2-day basic CPT training is a strict pre-requisite for this training. In this 1-day CPT-G workshop, clinicians will learn specific approaches to using CPT in groups such as selecting group participants, using group process to optimize patient engagement and learning, detecting and managing avoidance in groups, and dealing with problematic patient behaviors. *Cognitive Processing Therapy, Veteran/Military Version: Therapist's Group Manual* by Chard et al. (May 2014) will be reviewed, and access to an electronic copy will be given to participants.

## Learning Objectives:

1. Describe the pros and cons of doing CPT in a group format
2. Discuss participant characteristics that contribute to successful group composition
3. Identify the roles and responsibilities of group members and the therapist in CPT groups
4. Describe techniques for enhancing groups' involvement in identifying stuck points
5. Identify techniques for group management within the CPT protocol
6. Implement the CPT standard and CPT-C protocols in group format

**\* Free Continuing Education (CE) credits are available for these webinars \***

See attached CE statements for more information. No partial credit allowed. CME credits are not provided.

CE certificates will be sent by email approximately 4 weeks after the training.

PESI charges \$10 to reissue certificates and full price to issue previously unrequested credits.

For specific CE questions, contact Bridget Schaub at [bschaub@pesi.com](mailto:bschaub@pesi.com).

For 2 February webinar, please register here: <http://cptg2feb2016.eventbrite.com>

For 8 March webinar, please register here: <http://cptg8mar2016.eventbrite.com>

Questions? Contact Ms. Kris Hannah at [khannah@deploymentpsych.org](mailto:khannah@deploymentpsych.org)



## Program Content provided by Center for Deployment Psychology

### Continuing Education hours provided by PESI, Inc.

**Program Title:** Cognitive Processing Therapy (CPT) in Group

**Date:** February 2, 2016

**Location:** Adobe Connect Online

**PESI Program Code:** 42825IHW (Please reference this code when contacting PESI regarding this program)

**Duration of Instructional Content:** 370 minutes

**Must attend entire conference to receive credit.**

**COUNSELORS:** This activity consists of **6.0** clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014-January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive **6.0** (Clinical) continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for **6.0** hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**MARRIAGE AND FAMILY THERAPISTS:** This activity consists of **370** minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity meets the criteria for a formally approved American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for **6.0** contact hours.

**OTHER PROFESSIONS:** This seminar qualifies for **6.0** continuing education clock hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**\*\*CE hours for this activity are being provided by PESI, Inc. Have an inquiry on continuing education credit that is not listed here? Please contact Bridget Schaub at PESI, Inc. You may reach her via email at [bschaub@pesi.com](mailto:bschaub@pesi.com).**

## Program Content provided by Center for Deployment Psychology

### Continuing Education hours provided by PESI, Inc.

**Program Title:** Cognitive Processing Therapy (CPT) in Group

**Date:** March 8, 2016

**Location:** Adobe Connect Online

**PESI Program Code:** 42827IHW *(Please reference this code when contacting PESI regarding this program)*

**Duration of Instructional Content:** 370 minutes

**Must attend entire conference to receive credit.**

**COUNSELORS:** This activity consists of **6.0** clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014-January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive **6.0** (Clinical) continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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### Continuing Education Credits (CEs)/Certificates

- **How many CEs will I earn?** Please refer to your CE ad statement from PESI, Inc. that spells out the exact number of CEs you will earn for your specific discipline during this webinar. Our credits accepted by professional licensing organizations such as APA, ASWB, etc.
- **Which disciplines are covered?** Generally we cover psychologists, social workers, marriage and family therapists, and other disciplines. If your discipline is not listed on the CE ad statement then we may be unable to provide you CEs, but you are welcome to participate and arrange for your own credits through your licensing board. Please note our trainings are only for providers with a clinical caseload.
- **I am a MD, will I receive CMEs?** We are not able to provide CMEs but you are welcome to participate and arrange for your own through your licensing board. Unfortunately we are unable to help with this process.
- **What is the process to get CEs?** You must log into the CPT-Group webinar from a separate computer so the system can capture your attendance. Sitting as a group at one computer or listening to the webinar via phone will not earn credits. At the end of the webinar you must then fill out the PESI evaluation we offer online (it will only be open for a few days). Partial credits are not offered, and webinars are only offered live (we are unable to provide a link to a recorded webinar for you to watch at a later time).
- **Can I give an anonymous evaluation for the training?** No, since the PESI evaluation requires identifying information in order to earn credits, but we always appreciate your honest feedback and take all comments into consideration to improve future workshops.
- **I have more questions about CEs, who can I talk to?** Please contact Bridget Schaub at PESI, Inc. at [bschaub@pesi.com](mailto:bschaub@pesi.com) with CE questions only.
- **When will I receive my CE certificate?** Certificates from PESI are typically delivered approximately a month after the webinar to the email address you used in the online evaluation.
- **Anything else I should know about certificates?** If you use a Yahoo email address, please be aware that your CE certificate may get caught in your spam filter. Also, PESI charges a \$10 fee to reissue certificates, and full price to issue previously unrequested credits.

### Cost

- **What does the CPT-Group webinar cost?** It's free! The training, materials, and CEs are completely covered by our DoD grant for this program.

### Eligibility

- **Who is allowed to participate in this CPT-Group webinar?** All Tri-Service military/DoD/GS mental health providers (including civilian contractors) with a clinical caseload of Service members on a military base are allowed to participate in our webinars. You must have previously been trained in the full CPT protocol by CDP or another agency. We may have a few seats available for non-DoD providers.
- **Do you offer webinars for non-military civilian providers?** We do! Throughout the year we offer various low cost EBP webinars which are advertised in the expanded "Upcoming Training" section at the bottom of our website's home page.
- **I can't participate in the webinar but am interested in the subject/could use this in my practice/need this for my upcoming deployment, so may I have the training materials sent to me?** Sorry, we cannot provide materials to those that don't participate. However, if you are looking for consultation we do have a regular call schedule to discuss patient cases with our specialists. The full schedule is available on our website (<http://deploymentpsych.org>), and there you will also find helpful deployment-related resources including articles, practice guidelines, and online trainings. You may also reach out to a consultant directly by visiting <http://www.deploymentpsych.org/content/meet-consultants>.
- **I can't attend participate in the webinar but know other providers that might be interested, may I pass them the registration information?** Absolutely! We encourage you to share information about our trainings.

## How to Register

- **Is there a registration link, and how do I get it?** To register for webinar you must contact either the point of contact (POC) directly or follow the registration link on the original advertisement. If you can't find it in those places then contact Kris Hannah for more information at [khannah@deploymentpsych.org](mailto:khannah@deploymentpsych.org).
- **Why can't you register me if I email you?** The CDP staff doesn't always handle registration for our trainings – often it's a POC at the training location itself. When the CDP does run registration, it's usually one of several handled concurrently. Between the information we need for registration versus the volume of responses we are receiving at any given time, it's more efficient for you to register yourself. A registration confirmation message will be sent to you within a week or less.
- **I'm not sure yet if I can participate in this webinar, can you reserve a space for me?** Sorry, due to the popularity of our trainings we cannot hold a space for you. Your best bet is to formally register and should things not work out, let us know so someone else can take your place.
- **The webinar has filled up and registration has closed. Is there a waiting list you can add me to?** Please talk to your POC about a waiting list. If CDP is running registration you will see a waiting list message on which you can add your name. Should space become available, you will be notified.

## Platform

- **What system do you use to conduct the webinar?** We use Adobe Connect, a web conferencing platform. It is not compatible with DCO Connect, which we are unable to use for various reasons.
- **How to I log in to the webinar?** Prior to the workshop you will be sent several emails containing logistical information. Passwords are not required to participate, but you must use your military email address as your Login name. Please be sure to use the links in your registration confirmation email to test your computer connection, as well as the webinar link itself. You cannot access the webinar through the CDP website.
- **Why do I have to use an individual computer?** In order to earn CEs for this workshop you must participate using a separate computer rather than joining a group of people viewing via one machine. Your login information is captured by the system and used in place of the sign-in sheet required at workshops held in-person. Even if you are not intending to earn CEs, in order for us to provide the proper headcount per our DoD mandate, we must have participants use separate machines.
- **Does my computer need certain technical requirements?** You will need a computer that has a web browser with an updated Flash Player (11.2+) installed prior to the webinar. Mac users should plan to use either the Chrome or Firefox browsers in order to reduce problem connections.
- **Do I need a webcam or microphone?** No, but prior to the webinar please take a moment to test the speakers connected to your computer since this is critical equipment. There is a text option on the Adobe Connect screen for communication with the instructors and other participants.
- **Do I need to simultaneously call in?** No need to call in on a conference line at the same time.
- **What time does the webinar start?** Workshop times may vary so please check your registration emails for verification, in particular noting the time zone listed. Please log in at least 15 minutes early so we can work out any technical problems in advance and get started promptly on time.
- **What if I need to leave early?** You are welcome to sign off early, however in order to receive credits for the training, you must attend the full webinar and fill out an evaluation distributed at the end of the training. We are unable to provide partial credits.
- **I'm still unable to log in, what should I do?** Many military sites will either block our webinar link or not have enough bandwidth to support a large number of users, so if you can arrange in advance to login from home or another off-base location, that will prevent most technological problems that may occur. You will also need a computer that has a web browser with an updated Flash Player (11.2+) installed.

**Laura Copland, MA, LCMHC**

Senior PTSD Treatment Trainer

**Laura Copland, MA, LCMHC**, is a senior Posttraumatic Stress Disorder treatment trainer with a focus on Cognitive Processing Therapy, at the Center for Deployment Psychology (CDP) at Uniformed Services University of the Health Sciences in Bethesda, Maryland. She received her Master of Arts degree in counseling psychology from Antioch University New England.

Prior to joining the CDP staff, Ms. Copland directed, designed and implemented state programs to assist active-duty service members, veterans and their families during and after deployments, including Maryland National Guard Outreach and Maryland's Commitment to Veterans. Additionally, she was a senior adjunct professor for five years in the Antioch University graduate psychology department.

Ms. Copland has more than 20 years of direct service experience working with military veterans and other survivors of trauma and acute and posttraumatic stress issues. She has trained both military and civilian professionals on working effectively with military behavioral health issues.

She was awarded the State of Maryland Meritorious Civilian Service Medal by the Maryland Army National Guard for her work in the design and implementation of the Reintegration and Yellow Ribbon Program for all returning Maryland veterans and their families.