



Online Tier Three (CPT) September 14-15, 2020

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.

Attendees must attend the entire workshop to earn credit.

Attendees must participate using a separate computer rather than joining a group of people viewing via one machine to acquire credit for attendance.

Learning Objectives:

- Characterize symptoms of PTSD through the lens of CPT theory.
- Substantiate some of the empirical evidence of CPT's effectiveness in reducing PTSD.
- Consider co-morbid psychological disorders, and personality and environmental factors.
- Include methods of assessing CPT treatment effectiveness.
- Implement the CPT standard protocol with individual patients diagnosed with PTSD.
- Articulate CPT practice assignments and rationale.
- Communicate role of avoidance in CPT.
- Present two primary types of emotions.
- Implement structured treatment protocol.
- Communicate the goals of treatment.
- Evaluate treatment compliance.
- Point out the concept of stuck points.
- Articulate the concepts behind the five themes.
- Practice the use of Socratic Dialogue.



**Star Behavioral Health Providers
Tier Three (CPT) Training
September 14-15, 2020**

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**
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
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



Location Information

Location Platform: Zoom

Date: September 14-15, 2020

Time: 9:00am – 5:30pm Eastern

Participate

Registration Information:

<https://militaryfamily.secure.force.com/Tier3RegistrationForm?sState=Online>

Cost/Refunds: Free

Special Accommodations:

If you require special accommodations due to a disability, please contact Chris Myers at christina.myers.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.



Presenters

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.

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.



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 Chris Myers at christina.myers.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.