



# Addressing Guilt in PTSD Treatment

6 May 2026

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## A Live, Interactive Webinar

### **Description:**

Guilt is a common symptom in patients presenting with PTSD, but many providers find it difficult to address effectively in psychotherapy. Successful intervention is not a one-size-fits-all approach and requires a strong conceptualization, as well as time and patience. In this 4-hour workshop, participants will learn how guilt is conceptualized in several evidence-based approaches. Multiple cognitive and behavioral techniques to address guilt will be introduced and contextualized within evidence-based psychotherapy.

Total CE Credits: 4

Total Contact Hours: 4

### **Learning Objectives:**

Following the training, attendees will be able to:

1. Compare and contrast the concepts of guilt and shame.
2. Evaluate potential measures for assessing for guilt.
3. Use Socratic Dialogue to explore the patient's guilt.
4. Explain which interventions are most likely to be effective for different presentations of guilt.

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

**Instructional Content Level:** Intermediate

### **Agenda:**

800 - 900: Introduction, defining guilt, assessing guilt

900 - 1000: Cognitive techniques for addressing guilt

\* 15 minute break \*

1015-1115: Behavioral and experiential techniques for addressing guilt

1115-1215: When guilt is warranted, values and making meaning, conclusion and additional resources



## **Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, 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. CE Credit Certificates will be available via CE Management system CE21 within 30 days after all course requirements have been completed.

### **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, 2025-May 19, 2028. Social workers completing this course receive 4 Live, Interactive Webinar 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 Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu)



**Participate:**

**Online Platform:** Zoom

**Date:** 6 May 2026

**Time:** 8:00am - 12:15pm ET

**Registration Information:** <https://deploymentpsych.ce21.com/item/2026-ebp-conference>

**Registration Deadline:** Registration for this training closes one week prior to the training date.

**Cancellations/Questions:** Please contact [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** \$10

**Location Information:** Online via Zoom

**Instructional Format:** This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

**System Requirements:**

**Zoom:**

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

**Special Accommodations:** If you require special accommodations due to a disability, please contact Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.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, via email at [amanda.stanley.ctr@usuhs.edu](mailto:amanda.stanley.ctr@usuhs.edu)



**Instructor Biographies:**

**Carin M. Lefkowitz, Psy.D.**

Carin Lefkowitz is a clinical psychologist and Senior 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.

**Kelly Chrestman, Ph.D.**

Kelly Chrestman is a clinical psychologist with over 30 years of experience specializing in evidence-based treatments for trauma and stress-related conditions. As a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology, she provides consultation and training both domestically and internationally, concentrating on stress and trauma, Cognitive Behavioral Therapy (CBT), and Prolonged Exposure Therapy.

\*\*There is no commercial support or conflict of interest to report for this presenter.