



Online Tier Three (CPT) 22-23 April 2021

This intensive 2-day module provides training in Cognitive Processing Therapy (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 are required to obtain a copy of the manual *Cognitive Processing Therapy for PTSD: A Comprehensive Manual* by Resick et al., Dec 2016 (1st Edition).

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. 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.



**Star Behavioral Health Providers
Tier Three (CPT) Training
22-23 April 2021**

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: 22-23 April 2021

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 Katie Medina at katie.medina.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Required Materials: Participants are required to obtain a copy of the manual *Cognitive Processing Therapy for PTSD: A Comprehensive Manual* by Resick et al., Dec 2016 (1st Edition). Print ISBN-978-1462528646. It is available directly from the publisher, Guilford Press, or from various booksellers.

Note: A functioning microphone is also **MANDATORY** to attend this training, to allow for participation in role-play sessions.



Presenters

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.

Carin M. Lefkowitz, Psy.D., 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.

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.



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 Katie Medina at katie.medina.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.