



Cognitive Processing Therapy

June 24-25, 2024

A Live, Interactive Webinar

Description:

This intensive 2-day module provides training in Cognitive Processing Therapy (CPT), an evidence-based treatment for PTSD. It presents the 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. Participants are expected to do role-plays in class and other assignments to learn concepts and practice skills. Attendance on both days in their entirety is required. Additionally, participants must acquire a copy of the required manual for this workshop prior to the start of the class, *Cognitive Processing Therapy for PTSD: A Comprehensive Manual* by Resick et al., Dec 2016 (1st Edition), [ISBN-13: 978-1462528646].

Total CE Credits: 14.0

Total Contact Hours: 14.0

Learning Objectives:

Following the training, attendees will be able to:

1. Analyze symptoms of PTSD through the lens of CPT theory.
2. Evaluate the empirical evidence of CPT's effectiveness in reducing PTSD.
3. Appraise methods of assessing CPT treatment effectiveness.
4. Apply the CPT standard protocol to individual patients diagnosed with PTSD.
5. Use appropriate CPT practice assignments for effective PTSD treatment.
6. Distinguish between the two primary types of emotions.
7. Formulate appropriate goals for CPT treatment.
8. Evaluate treatment compliance during CPT.
9. Explain the concept of stuck points.
10. Differentiate between the five trauma themes.
11. Use Socratic Dialogue with CPT clients.

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

Instructional Content Level: Intermediate



Agenda:

Eastern Time

(Please note the correct time for your respective time zone)

Day One

- 1100 – 1115 **Introduction & Course Overview**
- 1115 – 1245 **Introduction to CPT**
Includes 15 minute break
- 1245 – 1400 **Functional Model of PTSD & Theoretical Underpinnings**
- 1400– 1500 **PHASE I CPT: Pre-treatment**
- 1500 - 1600 **Lunch (on your own)**
- 1600 – 1730 **PHASE II CPT: Education: PTSD, thoughts & emotions**
Session 1
Includes 15 minute break
- 1730 – 1830 **Session 2**
- 1830 – 1930 **Session 3**
- 1930 Adjourn for the day

Day Two

- 1100 – 1115 **Welcome back:** Homework review and questions
- 1115 – 1300 **PHASE III CPT: Processing the trauma**
Session 4
Includes 15 minute break
- 1300 – 1400 **Session 5**
- 1400 – 1500 **PHASE IV CPT: Learning to challenge**
Sessions 6 and 7
- 1500 – 1600 **Lunch (on your own)**
- 1600 – 1730 **PHASE V CPT: Trauma themes**
Sessions 8 and 9
Includes 15 minute break
- 1730 – 1930 **Session 10 & 11**
- PHASE VI CPT: Facing the future**
Session 12
- Wrap-up and Q&A
- 1930 Adjourn



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 emailed 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, 2022 – May 19, 2025. Social workers completing this course receive 14.0 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 SBHP Support at sbhpsupport-ggg@usuhs.edu.

Participate:

Online Platform: Zoom

Date: June 24-25, 2024

Time: 11:00 am – 7:30 pm Eastern

Please note the correct time for your respective time zone



Attendance Requirements: Attendees MUST log into the training via an individual connection rather than as a group using one computer/device. Attendance on both days in their entirety is required to receive CE credits and tier completion. Partial credit cannot be issued.

Required Materials: CPT Manual and Working Microphone:

1. CPT Manual:

Participants are responsible for acquiring a copy of the required manual for this workshop, ***Cognitive Processing Therapy for PTSD: A Comprehensive Manual*** by Resick et al., Dec 2016 (1st Edition), [ISBN-13: 978-1462528646]. It is available in print and electronic versions, and may be purchased from a number of vendors.

2. Microphone:

A **functioning microphone is MANDATORY** to attend, in order to participate in the role-play sessions. Headphones are **HIGHLY** recommended to provide the optimal experience. Note: cameras are not required. Please see the above attendance requirement.

Registration Information: <https://starproviders.org/providers-home/>

Registration Deadline: Registration will close one business day before the training begins or when registration capacity has been reached.

Cancellations/Questions: Please contact SBHP Support at sbhpsupport-ggg@usuhs.edu if you have any questions or need to cancel your registration

Registration Cost/Refunds: Free

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

Participants will not have to install any additional programs on their computer to take part. However, a web browser is necessary (Mac users: Chrome or Firefox is recommended to minimize tech issues). Participant's may test their computer's Zoom capabilities by visiting <http://zoom.us/test>. We **recommend all participants test their ability to load Zoom in advance of the training event** to ensure there are no technical difficulties the morning of the event.

Special Accommodations: If you require special accommodations due to a disability, please contact Ms. Chris Myers at christina.myers.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 Milochik, via email at Amanda.milochik.ctr@usuhs.edu.

Instructor Biographies:

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 is an Assistant Professor in the Department of Medical and Clinical Psychology at USUHS and maintains an adjunct instructor appointment with the Institute for Graduate Clinical Psychology at Widener University. She 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.

Timothy Rogers, PhD., is currently employed by the Henry Jackson Foundation as an Assistant Director for Training and Education at the Uniformed Services University of Health Sciences Center for Deployment Psychology. He is responsible for managing the development, delivery, and evaluation of a range of clinical training and research programs and serves as a subject matter expert/trainer on evidence-based psychotherapies for Posttraumatic Stress Disorder and Insomnia.

Dr. Rogers received his Ph.D. in 2009 in Counseling Psychology at the University of Akron. He completed his Clinical Psychology Residency at Wilford Hall Medical Center and served over six years as an active-duty psychologist and deployed in support of Operation Enduring Freedom. Dr. Rogers also served for six years as the Associate Program Director for the USAF Clinical Psychology Internship at Wilford Hall in San Antonio Texas. Research interests include help-seeking behaviors, PTSD and insomnia treatment, and training in health service psychology. Dr. Rogers currently serves as an APA accreditation site visitor team chair for DoD and VA Clinical Psychology Internships.

**There is no commercial support or conflict of interest to report for these presenters.