



Cognitive Processing Therapy (CPT) 4x4

This intensive 4-part 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. Attendance on both days is required. Participants will receive *Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016* (1st Edition) as part of the workshop.

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

Instructional Level: Intermediate

Learning Objectives:

Following the training, providers 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.



Agenda

Day One

1100 – 1115 **Welcome and Introductions**

1115 – 1230 **Introduction to CPT**

Implementation Therapy outcome research on CPT

1230 – 1400 **Functional Model of PTSD & Theoretical Underpinnings**

Symptoms of PTSD and theory underlying CPT How CPT works Brief overview of CPT manual

1400– 1500 **PHASE I CPT: Pre-treatment**

Pre-treatment issues Recommended assessment measures Structuring sessions

OUT-OF-TRAINING PRACTICE: Read Chap. 4 Preparing to Deliver CPT (pgs.62-78) **Review** Self-Reflection exercise **Complete** “CPT Training Practice Assignment” handout on stuck points

Day Two

1100 – 1230 **PHASE II CPT: Education: PTSD, thoughts & emotions**

Session 1 Explaining PTSD & Cognitive Model to patients Practice Exercise Selecting Worst Trauma Assigning the impact statement

1230- 1330 **Session 2**

Reading and processing the Impact Statement Introducing & assigning ABC sheets

1330 - 1500 **Session 3**

Reviewing ABC Worksheets Introduction to Socratic Dialogue

OUT OF TRAINING PRACTICE: Complete “Identifying Stuck Points in an Impact Statement” exercise **Watch** CPT Training Video “Identifying Stuck Points” (optional)

Day Three

1100 – 1300 **PHASE III CPT: Processing the trauma**

Session 4 Socratic Dialogue Working with Assimilation Introducing and assigning Challenging Questions Worksheet

1300 – 1400 **Session 5**

Role play on Challenging Questions Worksheet Introducing and assigning Patterns of Problematic Thinking worksheet

1400 – 1500 **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

OUT-OF-TRAINING PRACTICE: Complete Socratic Dialogue Exercises #1 AND #2

Day Four

1100 - 1230 **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

1230 - 1500 **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



OUT-OF-TRAINING PRACTICE: Visit “The PTSD Experience” in Second Life, hosted by Center for Deployment Psychology

11:00 AM - 3:00 PM, Eastern Time each day

Location Information

This training will be held online via Zoom Video Communications.

Thursday, April 2nd, 2020 from 11:00am ET- 3:00 pm ET

Thursday, April 9th, 2020 from 11:00am ET- 3:00 pm ET

Thursday, April 16th, 2020 from 11:00am ET- 3:00 pm ET

Thursday, April 23rd, 2020 from 11:00am ET- 3:00 pm ET

Participate

Content in this series is cumulative, and attendees are required to attend and participate in each 4-hr session of the four-part series to receive CE credits.

Registration Information:

Participants are able to find registration information for this training on the CDP website:

<https://deploymentpsych.org/training>. Registration is done through an event management system CE 21.

Direct registration link:

<https://deploymentpsych.ce21.com/item/prolonged-exposure-pe-therapy-ptsd-zoom-52738>

Cost/Refunds: Price: \$45

Registration fees will be refunded to participants who send a written cancellation via email to abowie@deploymentpsych.org, or cadams@deploymentpsych.org. If cancelled by March 19th, 2020, registrants can receive a full refund. If cancelled by March 26th, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, March 26th, 2020.



Special Accommodations:

If you require special accommodations due to a disability, please contact Aric Bowie (abowie@deploymentpsych.org) 4 weeks prior to the training so that we may provide you with appropriate service.

Presenters

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.

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.



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. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to abowie@deploymentpsych.org.

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.