

2-DAY INTENSIVE TRAINING

Cognitive Processing Therapy

An Evidence-Based Approach to Treat PTSD and Related Conditions

Endorsed by the U.S. Departments of Veterans Affairs and Defense, the International Society of Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE) as a best practice for the treatment of PTSD, **Cognitive Processing Therapy (CPT) is an evidence-based approach** to treating trauma that helps clients:

- Understand why recovery from traumatic events is difficult and how symptoms affect daily life
- Reduce distress related to memories of the trauma
- Decrease emotional numbing and avoidance of trauma reminders
- Improve day-to-day living by decreasing depression, anxiety, guilt or shame

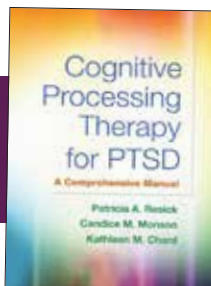
Presented by **CPT co-developer Dr. Kathleen Chard**, this 2-day intensive training will encompass every step of this highly structured, 12-session cognitive treatment approach from start to finish, complete with opportunities to practice, ask questions, and receive constructive feedback from both your peers and Dr. Chard herself.

Designed to prepare you to use CPT right away, this training will equip you with **session-by-session instructions, scripts, worksheets, and handouts** to help move your clients from suffering and despair to hope and healing. You'll learn:

- The who, when and how of CPT
- Powerful cognitive restructuring skills to help clients overcome ways of thinking that keep them “stuck”
- Effective ways to utilize structure and consistency to help clients become their own CPT therapist
- How to help clients release themselves from shame, guilt and blame about the trauma
- And more!

Don't miss this opportunity to train with one of the leading trauma experts in the field – sign up today!

As a bonus, you'll receive a **FREE** copy of *Cognitive Processing Therapy for PTSD: A Comprehensive Manual*, co-authored by Dr. Chard, which includes session-by-session guidelines for CPT implementation, extensive sample dialogues and 40 reproducible client handouts.



Speaker

Kathleen M. Chard, Ph.D., is a co-developer of CPT and director of the Trauma Recovery Center at the Cincinnati VA Medical Center. Serving as the VA CPT Implementation Director, Dr. Chard oversees the dissemination of CPT to mental health clinicians across the United States. She is the co-author of *Cognitive Processing Therapy for PTSD: A Comprehensive Model* (The Guilford Press, 2017) and author of *CPT for Sexual Abuse* treatment manual (2012). A sought-after speaker, Dr. Chard has personally trained over 5,000 clinicians throughout the United States on using CPT with veterans, active duty personnel, and civilians in addition to overseeing the training of tens of thousands of others via the trainers she supervises. She is co-chair of a 17-site study comparing CPT to Prolonged Exposure in US veterans in addition to conducting a \$6 million-dollar Department of Defense study on the assessment of PTSD. She served as a past editor of the *Journal of Traumatic Stress* and is a professor of Clinical Psychiatry and Behavioral Neuroscience at the University of Cincinnati.

Speaker Disclosures:

Financial: Kathleen M. Chard is a co-developer of CPT and director of the Trauma Recovery Center at the Cincinnati VA Medical Center. She has an employment relationship with the University of Cincinnati, and receives royalties as an author from the Guilford Press. Kathleen receives a speaking honorarium from PESI, Inc.

Non-Financial: Kathleen M. Chard has no relevant non-financial relationships to disclose.

Objectives

1. Examine the empirical evidence supporting the use of Cognitive Processing Therapy for Post-Traumatic Stress Disorder and related conditions.
2. Employ the 12-session CPT treatment protocol in its entirety, including assessments, handouts, scripts, and homework assignments.
3. Utilize clinical strategies and evidence-based assessments to identify traumatic events and potential co-morbid conditions.
4. Utilize psychoeducation to help clients understand the impact of trauma, normalize their experience, and identify areas where they are “stuck”.
5. Assess for and challenge the client's assimilated beliefs related to the traumatic event.
6. Differentiate between the client's thoughts and feelings versus facts regarding the traumatic event.
7. Distinguish among the 5 themes of trauma; determine which are most prevalent for the client.
8. Evaluate the client's progress at the mid-point of CPT treatment using evidence-based assessments.
9. Implement clinical strategies to help the client identify maladaptive coping skills.
10. Construct a comprehensive CPT aftercare plan for the client to follow once treatment has ended.
11. Integrate specific therapeutic strategies to address client resistance, non-adherence, or lack of progress in CPT treatment.
12. Develop CPT skills to apply to special client populations including sexual abuse survivors and those with brain injuries, low intelligence, and/or dementia.

Questions?

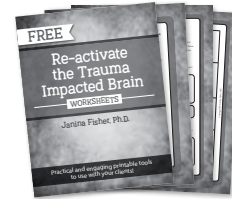
Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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2-DAY INTENSIVE TRAINING

Cognitive Processing Therapy

An Evidence-Based Approach to Treat PTSD and Related Conditions



Featuring **Dr. Kathleen Chard**
Co-developer of CPT and Director of the Trauma Recovery Center at the Cincinnati VA Medical Center

Silver Spring, MD

Thursday & Friday, March 12-13, 2020

REGISTER NOW! pesi.com/express/78164



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Cognitive Processing Therapy

An Evidence-Based Approach to Treat PTSD and Related Conditions

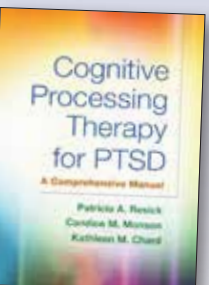


Featuring **Dr. Kathleen Chard**
Co-developer of CPT and Director of the Trauma Recovery Center at the Cincinnati VA Medical Center

Endorsed by the U.S. Department of Veterans Affairs and Defense as a **best practice for the treatment of PTSD**

FREE with registration!

Cognitive Processing Therapy for PTSD: A Comprehensive Manual, co-authored by Dr. Chard.



Silver Spring, MD

Thursday & Friday
March 12-13, 2020



REGISTER NOW! pesi.com/express/78164

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

WHAT IS COGNITIVE PROCESSING THERAPY (CPT)?

- The evolution of the approach – and why that matters today
- CPT and CPT+A
- Empirical evidence supporting CPT
- Limitations of the research and potential risks
- Structure: Review, Content, Check in, Assignment

TREATMENT CONSIDERATIONS: SETTING THE STAGE CLINICALLY

- The who, when and how of CPT
- How to gather trauma history to identify the index event
- Assessment: PCL-5 and PHQ-9, co-morbidities and risk of harm
- Family involvement considerations
- Discerning between assimilated and overaccommodated beliefs
- Balancing structure with ongoing case conceptualization and flexibility

ARE YOU READY TO DELIVER CPT?

- Core competencies of the CPT therapist
- Common areas of therapist uncertainty: client readiness, using a manualized approach and more
- CPT errors most clinicians make (and what to do about them)

SESSION 1: OVERVIEW OF PTSD AND CPT

- Explaining PTSD symptom clusters (and how they interact) in an understandable way
- PTSD as a problem of non-recovery; why people get “stuck”
- Cognitive theory within the context of trauma
- How CPT will help clients move forward
- “Stuck Points” and the Impact Statement

SESSIONS 2 & 3: CONNECTING EVENTS, THOUGHTS AND FEELINGS

- What are “Stuck Points” and how do I identify them?
- Introduction of trauma-related ABC model
- Identification and labeling of emotions (accurately)
- Differentiating between thoughts, feelings and facts
- “I think” v. “I feel”
- Listening for logic, proportion and patterns
- Challenging assimilated cognitions

SESSIONS 4 & 5: PROCESSING THE TRAUMATIC EVENT

- A deeper dive into assimilated beliefs
- Differentiating among intention, responsibility and the unforeseeable
- 80/20 rule for clarifying v. examining evidence
- Getting to the feelings under the thoughts/assumptions
- Introduction of “Challenging Questions” worksheet
- Identification of patterns of problematic thinking

SESSIONS 6 & 7: LEARNING TO SELF-CHALLENGE

- Conduct treatment midpoint assessments
- What to do if progress is minimal at this point
- Introduction of Challenging Beliefs worksheet
- 5 themes of trauma – safety, trust, power/control, esteem and intimacy

SESSIONS 8, 9 & 10: SAFETY, TRUST AND POWER/CONTROL

- Safety: Addressing generalized fears and safety obsessions; exploring probability and likelihood
- Trust beliefs related to self v. others
- Examining the continuum of power and control
- Possible resolutions to negative beliefs about trust, power and control

SESSIONS 10, 11, 12 & AFTERCARE: ESTEEM, INTIMACY AND FACING THE FUTURE

- Examining beliefs about self-worth and capabilities
- Challenging overgeneralizations about groups of people based on the trauma
- Self-intimacy and intimacy with others
- Addressing maladaptive attempts to self-soothe
- Comparing the original impact statement with the new one
- Review of treatment, goals for the future, aftercare planning

CLINICAL CONSIDERATIONS

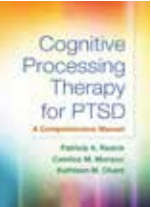
- Nonadherence to treatment: do’s and don’ts
- Variations on CPT
- CPT in a group setting, specifically for sexual abuse
- Issues in working with different types of trauma
- Trauma among clients with brain injuries, low intelligence, or aging/dementia
- PTSD complicated by grief
- Trauma in adolescence; its effects on other developmental periods
- Diversity and cross-cultural adaptations

Live Seminar Schedule (Both Days)

- 7:30 Registration/Morning Coffee & Tea
- 8:00 Program begins
- 11:50-1:00 Lunch (on your own)
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

FREE BOOK with seminar registration!*

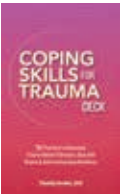


Cognitive Processing Therapy for PTSD: A Comprehensive Manual
By Patricia A Resick, Ph.d., ABPP, Candice M Monson, Ph.d. & Kathleen M Chard, Ph.d. — **YOUR SPEAKER** —

The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD). Written by the treatment’s developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual assault survivors, and culturally diverse clients.

*All in-person attendees will receive a FREE copy of Dr. Kathleen Chard’s book!

RELATED PRODUCTS [Save by including with your seminar registration]



Coping Skills for Trauma Deck
54 Practices to Overcome Trauma-Related Stressors, Deal with Shame & Guilt and Increase Resiliency
By Timothy Gordon, MSW, RSW

Living with trauma is hard. Let this deck be a companion on your journey.

Inside you’ll find 54 exercises to develop the skills needed to cope in the face of trauma, PTSD, and stress. Filled with innovative practices from attachment theory, compassion, acceptance, mindfulness, and CBT—this deck will help you relax, build healthier relationships, and find a more balanced lifestyle.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cpepsi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARYLAND COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

PSYCHOLOGISTS: This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

VIRGINIA PSYCHOLOGISTS: CE credit is available. This course consists of 12.5 continuing education credit hours for Virginia Psychologists. The Virginia Board of Psychology (S.18VAC125-20-122) confirms acceptance of programs by any continuing education provider approved by a psychological association or psychology board in another state or jurisdiction. PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content.

SOCIAL WORKERS: PESI, Inc., #1062, 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. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

REGISTRATION FORM

2 DAY INTENSIVE TRAINING: COGNITIVE PROCESSING THERAPY: AN EVIDENCE-BASED APPROACH TO TREAT PTSD AND RELATED CONDITIONS

SAVE TIME! Express Register Online: pesi.com/express/78164

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2 Select Location (make copy for your records)

- ☐ SILVER SPRING, MD • March 12-13, 2020 (78164SLV)
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3 Select Tuition

TUITION including seminar manual

\$439.99 – choose one of the options below:

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- ☐ **\$17.99*** *Coping Skills for Trauma Deck* (PUB086140)
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All registrations must be prepaid.

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, first come, first serve.

- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS

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