

Outline

Overview of Group Models

Differences between group and individual CPT

Ways of conducting group CPT

Logistical issues of group treatment

Timing and format of group therapy

Therapist's role in group treatment

Pre-screening for group members

Research and treatment limitations

Group CPT Challenges and Solutions

Solutions for non-compliance and

assignment non-completion

Motivating patients

Managing individual personalities and

group conflict

Managing affect in group

Handling dominant patients and shy

patients in group

Group CPT: Session-by-Session

Session 1-3:

Introduction and Education Phase, The Meaning of the Event, and

Identification of Thoughts and Feelings

Organizing the groups

How to use the A-B-C sheets in group

Assigning the trauma account in the group

Overcoming fear of writing the account

Group exercises to determine stuck points

Session 4-5:

Remembering the Traumatic Event

Session and Second Trauma Account

Reviewing the account in group

Optional individual sessions

Soda bottle analogy of emotions

Socratic questioning examples

Addressing group avoidance

Managing irritation and strong emotions

toward group leader

Session 6-7:

Using Challenging Questions in Group

How to use challenging questions to

confront stuck points

Addressing overaccommodation

Patterns of problematic thinking worksheet

Introduce challenging beliefs worksheet

Bridging questions to challenge group

member thoughts

Session 8-9:

Safety and Trust

Using probability estimates to confront

problematic cognitions

Introducing trust and the Trust Module

Group discussion

Practice assignments

Session 10: Power and Control

Helping patients gain a balanced view

Addressing control and anger issues

New assignments to give and receive

compliments and pleasant event

scheduling

Session 11:

Esteem

Addressing group termination

Follow-up care concerns

Session 12 and After Care Groups

Intimacy

Final Impact Statements in group

Special Population Issues



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Join us online for this exclusive live training!

Cognitive Processing Therapy (CPT) for Groups

Your Guide to Using The Most Effective Evidence-Based Treatments for PTSD in Group Sessions



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

- Bring CPT into your clinical setting -- whether it's outpatient or residential treatment
- Combine CPT with group therapy to help more clients at one time
- Solutions for non-adherence, dominant patients and more!
- Design the right CPT program for your facility with guidance on recruitment, retention, and administrative processes

Objectives

1. Utilize Cognitive Processing Therapy effectively in a group setting.
2. Analyze the session structure for a 12-session group CPT therapy cohort.
3. Utilize evidence-based pre-screening for admitting clients into groups.
4. Determine which CPT group structures are most effective for their clinical setting.
5. Apply effective strategies for managing difficult behaviors in CPT groups.
6. Employ evidence-based after-care strategies post-group.

Live Webcast Schedule

(Times listed in Central)

9:00 Program begins

11:50-1:00 Lunch Break

5:00 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.

Target Audience:

Psychologists • Counselors • Social Workers

Addictions Professionals

Marriage & Family Therapists • Psychotherapists

Case Managers

Other Mental Health Professionals

Join us online, for this live training!

Cognitive Processing Therapy (CPT) for Groups

Your Guide to Using The Most Effective Evidence-Based Treatments for PTSD in Group Sessions

LIVE Interactive Webcast
Monday, November 16, 2020



REGISTER NOW:
pesi.com/webcast/84044



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesi.com/webcast/84044

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

Cognitive Processing Therapy (CPT) for Groups:

Your Guide to Using The Most Effective Evidence-Based Treatments for PTSD in Group Sessions

NOTE: This workshop assumes prior knowledge of CPT. Completion of the CPT 2-Day Intensive is a pre-requisite.

For the first time ever, this is your chance to join the co-developer of CPT to learn CPT for Groups online! No recordings will be made so you must attend live.

Cognitive Processing Therapy (CPT) is an evidenced-based treatment for PTSD supported by all clinical practice guidelines. And research has shown that **using CPT in groups is effective, giving clinicians the flexibility to help more clients at one time!**

Join CPT co-developer Dr. Kathleen Chard for this 1-day intensive training! You'll learn how to do CPT for PTSD in various group structures to fit your clinical setting, as well as learn the unique strategies for managing difficulties that sometimes arise in the context of group therapy.

You'll get the knowledge and skills you need to implement group Cognitive Processing Therapy; with a specific focus and guidance on outpatient and residential treatment program design, including recruitment, session formatting, retention, complementary treatments, and administrative processes involved when incorporating CPT into the milieu.

Best of all, you'll have the opportunity to train directly with Dr. Chard, one of the leading experts in the trauma field today!

Don't miss out on this unique opportunity to add a valuable dimension to your treatment toolbox!

Sign up today!

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 currently a professor of Clinical Psychiatry and Behavioral Neuroscience at the University of Cincinnati.

Speaker Disclosure:

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. She receives royalties as an author from the Guilford Press. Dr. Chard receives a speaking honorarium from PESI, Inc.

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



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Zachary Taylor** at ztaylor@pesi.com or call **715-855-4286**.



Online Learning Made Easy!

Join us on November 16, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download.

- Watch and participate in real time
- One CE Certificate is included

It's easy and convenient!

Register now! pesi.com/webcast/84044

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesi.com/webcast/84044.

Counselors - AK, AZ, CA, CT, FL, IL, IN, MO, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, VA, WI

Marriage and Family Therapists - AL, AZ, CA, FL, IL, IN, MO, NH, NJ, NM, NV, NY, OH, PA, RI, SC, SD, TN

Psychologists - AK, AR, AZ, CA, CO, FL, GA, HI, ID, IL, IN, KY, MD, ME, MI, MO, MS, NE, NJ, NM, NV, OH, OK, PA, TX, UT, VA, WA, WI, WV

Physicians - All States

Social Workers - AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, WY

For specific credit approvals and details, visit pesi.com/webcast/84044.

To inquire about credit in other states or home study credit, please contact cespi@pesi.com or 800-844-8260 before the event.

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



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, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 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.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

REGISTRATION FORM

COGNITIVE PROCESSING THERAPY (CPT) FOR GROUPS:

Your Guide to Using The Most Effective Evidence-Based Treatments for PTSD in Group Sessions

SAVE TIME! Express Register Online: pesi.com/webcast/84044

1 Please complete entire form if sending by mail *please print legibly*



*Email address _____
***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
***Required for event updates**

2 Pick Your Training (make copy for your records)

LIVE Interactive Webcast

November 16, 2020 [PWZ84043]

\$219.99 tuition*

9am Central time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: pesi.com/webcast/84044

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit pesi.com/privacy for more information.

3 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to **PESI, Inc.**

Purchase order enclosed (Fed ID # 26-3896894)

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

Total _____

Tax _____

TOTAL _____

* add applicable tax in HI, NM

PLEASE RETURN ENTIRE REGISTRATION FORM