Outline

Overview of Group Models

Differences between group and individual

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 aroup conflict Managing affect in group Handling dominant patients and shy

Group CPT: Session-by-Session

Session 1-3:

patients in group

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

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

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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

LIVE Interactive Webcast

Monday, November 16, 2020



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

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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!

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

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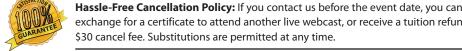
Speaker

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 th Guilford Press. Dr. Chard receives a speaking honorarium from PESI, Inc.

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



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