

## Outline

### THE ADVANCED FOUNDATIONS OF CPT

- The Social-Cognitive Model
- Describing the biology of trauma to clients
- Describing stuck points to clients

### IMPROVING CLIENT COMMITMENT TO COMPLETE TREATMENT

- Getting client buy-in early in treatment
- Facing common client objections in complex cases
- Client & therapist barriers to buy-in

### ADVANCED CLIENT ENGAGEMENT STRATEGIES FOR INCREASING ADHERENCE

- How to use hope as a key to better outcomes
- Advanced integration of Motivational Interviewing with CPT
- Moving from engagement to retention

### THERAPIST ENGAGEMENT

- The therapist's commitment
- Negotiating and sticking with the patient contract

### THE MOST COMMON SETBACKS – WHAT TO DO WHEN A CLIENT...

- Throws a curve ball
- Wants to focus on a current stressor
- Is facing addiction or using substances

- Experiences dissociation, flashbacks, or other severe trauma reactions
- Expresses violent tendencies or severe anger
- Client or other providers question CPT's effectiveness

### KEEPING THERAPY MOVING FORWARD AND FACING COMMON SETBACKS

- Avoidance of therapeutic targets
- Homework problems and not completing worksheets
- Working with angry and resentful clients
- Staff or provider "splitting"
- Knowing when to end CPT treatment

### ADVANCED SCENARIOS

- "I cannot find an Assimilated Stuck Point"
- "How do I know we're working on the 'right' trauma?"

### FINAL QUESTIONS AND COMMENTS

#### Live Webcast Schedule (Time listed in Central)

- 8:00** Program begins
- 11:50-1:00** Lunch
- 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.


## Objectives

- Utilize clinical strategies and evidence-based assessments to identify traumatic events and potential co-morbid conditions.
- Utilize motivational interviewing and advanced CPT techniques for enhancing engagement and reducing dropouts.
- Assess for and challenge the client's assimilated beliefs related to the traumatic event with advanced CPT techniques.
- Evaluate the client's progress at the mid-point of CPT treatment using evidence-based assessments.
- Implement advanced clinical strategies to help the client identify maladaptive coping skills or when there are special clinical circumstances.
- Integrate advanced therapeutic strategies to address client resistance, non-adherence, or lack of progress in CPT treatment.
- Develop CPT skills to apply to special client populations including complex trauma, personality disorders, extreme violence and anger.

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The Official Level II Training  
for Managing Complex Trauma  
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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**

**LIVE Interactive Webinar**

**Friday, December 2, 2022**

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## ADVANCED TRAINING IN Cognitive Processing Therapy

Managing Complex Trauma & 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.

Presented by **CPT co-developer Dr. Kathleen Chard**, this **1-day intensive training program** is designed to equip therapists who already have a foundation in Cognitive Processing Therapy to go **beyond the basics** with this powerful evidence-based protocol to:

- Overcome the most common issues that de-rail treatment
- Reduce dropouts and improve outcomes
- Address severe reactions such as flashback, dissociation, anger, substance use, personality disorders and more!

After this training, you will be prepared to use CPT with complex therapy cases and improve your ability to move clients through the CPT process **the way it's done by the most seasoned CPT clinicians!**

Dr. Chard will teach you **advanced techniques not covered in the 2-day basic training** that create client buy-in and build engagement, reduce drop out, and how she works with flashbacks, dissociation, and other complications that could de-rail therapy.

In addition, she covers easy to implement strategies for managing avoidance, anger and staff splitting while staying in the CPT framework. This training also includes **new, exclusive video demonstrations** filmed at Dr. Chard's clinic that demonstrate how to use CPT even when the session throws you a curve ball.

Register today for this opportunity to train with one of the leading and **most sought-after trauma experts in the field** in this all-new advanced training to **refine and master your use of CPT and improve outcomes** in the most difficult situations.

### Target Audience:

Psychologists • Counselors • Social Workers • Addictions Professionals  
Marriage & Family Therapists • Psychotherapists • Case Managers  
Physicians • Other Mental Health Professionals



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## Meet Your 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 Chard has employment relationships with CPT Training Institute, the Cincinnati Veterans Administration Medical Center, the University of Cincinnati, and the Department of Veterans Affairs. She receives royalties as a published author. She has a research activity that is grant funded through Health Services Research and Development Service. Kathleen Chard receives a speaking honorarium, recording, and book royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Kathleen Chard is an ad hoc reviewer for several peer review journals, for a complete list contact PESI, Inc.

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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



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**December 2, 2022** [PWZ87870]

8am Central time

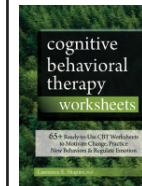
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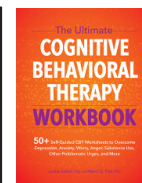


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