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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:

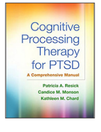
- Understand why recovery from traumatic events is difficult and how symptoms affect daily life
- Reduce distress related to memories of the trauma
- Decrease emotional numbing and avoidance of trauma reminders
- Improve day-to-day living by decreasing depression, anxiety, guilt or shame

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!



The CPT Manual is FREE with Registration ($38 value!)

Included in your registration is your own copy of *Cognitive Processing Therapy for PTSD*, the official training manual for this approach. It will be shipped to you after checkout. When you click "Add to Cart" be sure to select "Add Bundle to the Cart" to ensure the book is included with your registration. You can get FREE SHIPPING for the book by adding promo code "CPTSHIP" on the last screen at checkout in the "Discount Code" box on the right side of the screen.

Speaker

Kathleen M. Chard, PhD, 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:

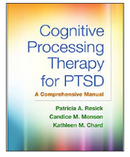
Financial: Kathleen Chard has employment relationships with CPT Training Institute, the Cincinnati Veterans Administration Medical Center, the University of Cincinnati, and the Department of Veterans Affairs. She receives royalties as a published author. She has a research activity that is grant funded 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.

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.

FREE Book with Registration



Cognitive Processing Therapy for PTSD: A Comprehensive Manual, co-authored by Dr. Chard, includes session-by-session guidelines for CPT implementation, extensive sample dialogues and 40 reproducible client handouts.

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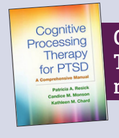
Cognitive Processing Therapy

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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

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11:50-1:00 Lunch break
4:00 Program ends

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A more detailed schedule is available upon request.

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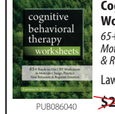
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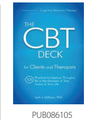
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