

**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: 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

**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.

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**

**Live Webcast Schedule**  
*(Times listed in Central)*

**8:00** Program begins


**11:50-1:00** Lunch Break

**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.

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# Cognitive Processing Therapy (CPT) for Groups


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

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Monday, October 2, 2023



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# 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

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# 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!**

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


**Speaker Disclosure:**  
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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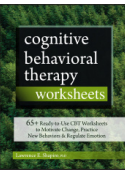
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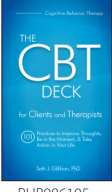


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