



Cognitive Processing Therapy for PTSD

Presented by

Patricia A. Resick, Ph.D., ABPP

Thursday & Friday, April 4 & 5, 2019
12 CE Credits for Mental Health Professionals

Author of Nine Books Including:

- *Cognitive Processing Therapy for PTSD: A Comprehensive Manual*
- *Handbook of PTSD: Science and Practice*
- *Stress and Trauma*

Thursday & Friday, April 4 & 5, 2019

Wyndham Lancaster Resort & Convention Center
Lancaster, PA

Or attend via Live Webinar from any computer

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Email office@jkseminars.com for more information and a link to preview the Webinar website:

Audience

Human Service Professionals

Practice Level –Intermediate

- Psychologists
- Social Workers
- Mental Health Counselors
- School Counselors and Psychologists
- Child and Adolescent Psychiatrists
- Drug & Alcohol Counselors
- Marriage & Family Therapists
- Case Managers
- Psychiatric Nurses
- Occupational Therapists
- Rehabilitation Counselors
- Graduate Students

12 CE Hours Credit for Most Professions

- Psychologists
- Nurses
- Social Workers
- NBCC Counselors
- D&A Professionals
- Occupational Therapists

**All Professional Attendees Must Pick Up Their
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mail a week after the webinar**

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Overview

This workshop will teach participants how to conduct the Cognitive Processing Therapy (CPT) protocols for Posttraumatic Stress Disorder (PTSD). CPT is a very systematic evidence-based approach to treating PTSD in which participants learn to think about their traumatic events differently and learn the skill of more balanced thinking.

This workshop will include training in individually administered CPT with either the standard 12-session protocol or a variable length course of treatment. Dr. Resick will include video examples and roleplays in the workshop.

Objectives—Participants will be able to:

- Describe PTSD symptoms and theory underlying CPT
- List pre-treatment issues and assessment measures
- Demonstrate knowledge and skills required to implement CPT for PTSD

A free 10 module online course is available for those who would like to acquaint themselves with CPT before or after the training at <https://cpt.musc.edu/>

Live attendance at both days is a requirement toward achieving CPT provider status. See www.cptforptsd.com for all requirements and more details.

Day 1

8:15 a.m. Registration (*continental breakfast*)

9:00 **Barriers to Learning Cognitive Processing Therapy (CPT) - Research on CPT**

10:25 **Break** (*coffee, tea, juice*)

10:40 **Theoretical Underpinnings**

- Changes in the DSM-5
- Why do some people fail to recover?
- Biology of PTSD—Why CPT works
- Cognitive Theory and CPT
 - Assimilation, Overaccommodation and Accommodation

Cognitive Processing Therapy: Session by Session

- Pretreatment Issues
- Assessing PTSD
- Buy-in

12:15 p.m. **Lunch** (*on your own*)

1:30 **Session 1 - Introduction to CPT**

- Structuring Sessions
- Symptoms and Rationale
- Types of Emotions (natural and manufactured)
- Selecting the Index (worst) Trauma
- Stuck Points Handout
- Overview of Treatment
- Assigning Impact Statement

Session 2 - Impact Statement

- Review Impact Statement
- Introducing the ABC Worksheet

3:00 **Break** (*coffee, tea, iced tea, soda, snack*)

3:15 **Session 3 - ABC Worksheets**

- Reviewing ABC Worksheets
- Introduction to Socratic Questioning

4:45 p.m. **Adjournment**

Day 2

7:45 a.m. Registration (*continental breakfast*)

8:30 **Session 4 - Challenging Assimilation**

- Continued use of ABC Sheets and Socratic Dialogue
- Levels of Responsibility - Challenging Questions

Session 5 - Challenging Questions

- Review Challenging Questions
- Introduce Patterns of Problematic Thinking

9:55 **Break** (*coffee, tea, juice*)

10:10 **Session 6 - Patterns of Problematic Thinking**

- Review Patterns of Problematic Thinking
- Introduce CBW with Trauma-Related Stuck Points

Session 7 - Challenging Beliefs Worksheet (CBW)

- Review CBWs - Introduce Safety Theme

11:45 **Lunch** (*on your own*)

1 p.m. **Last Five Sessions of CPT Themes**

- Structure of Last Sessions On Overaccommodation
- **Session 8 - Safety**

- Review Safety Stuck Points and CBWs

- Risk Reduction Strategies if Needed

Session 9 - Trust

- Review CBWs on Trust - Trust Wheel

2:30 **Break** (*coffee, tea, iced tea, soda, snack*)

2:45 **Session 10 - Control**

- Review CBWs - Giving and Taking Control Worksheet
- **Session 11 - Esteem**

- Review esteem CBWs - Review Extra Assignments

- Introduce Final Impact Statement

Session 12 - Intimacy

- Review Intimacy CBWs - Client Final Impact Statement

- Compare Original Impact Statement

- Discuss Continuing Stuck Points

Variable Length CPT

- Stopping CPT Early with Good End State

- Continuing On for More Sessions

Other issues - Q&A

4:15 p.m. **Adjournment (Pick Up Certificates)**

Hotel Accommodations

You must make your own overnight accommodations. A block of rooms has been reserved at the **Wyndham Lancaster Resort & Convention Center** (formerly the Lancaster Host - 2300 Lincoln Hwy E.) Call the Hotel for reservations - **800-233-0121**

Mention *J&K Seminars* to receive a discounted room rate

We encourage reservations by February 21

Call *J&K Seminars* for information about other hotels
800-801-5415



Your nametag, registration receipt, and driving directions will be mailed to you about 3 weeks before this seminar

For information visit www.jkseminars.com
or email: jk@jkseminars.com

Continuing Education Certification

Those who arrive late or leave early will not receive CE certificates of full attendance.

Attendees must complete the feedback form to receive their CE certificate. We do not provide part-day CE certificates of attendance.

Unless otherwise indicated, attendees receive 12 hours CE credit for attending both days, (6 hours CE credit for each day)

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We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.

For more information, phone (800) 801-5415 or email - JK@jkseminars.com

Patricia A. Resick, Ph.D., ABPP

After earning her doctorate from the University of Georgia, Dr. Resick served as Assistant to Associate Professor at the University of South Dakota, and Associate to Full Professor at the University of Missouri St. Louis, where she was awarded an endowed professorship, Curator's Professor, in 2000. During that time she developed and was Director of the Center for Trauma Recovery.

In 2003, Dr. Resick became Director of the Women's Health Sciences Division of the National Center for PTSD, VA Boston Healthcare System and Professor of Psychiatry at Boston University. In 2013, she joined Duke University.

Dr. Resick's specialty is understanding and treating the effects of traumatic events, particularly posttraumatic stress disorder (PTSD). She developed Cognitive Processing Therapy for PTSD. Dr. Resick's research has been continuously funded for 40 years; she has published over 300 articles and chapters and 10 books.

She has served as President of both the International Society for Traumatic Stress Studies (ISTSS) and Association for Behavioral and Cognitive Therapies (ABCT). She has won research and mentoring awards from ISTSS and ABCT, as well as the Lifetime Achievement Award from two divisions of the American Psychological Association.



J&K Seminars
 904 Church Rd
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 Register by **February 21** for Discounted Early Registration Fee

Bonus: Seminar & Webinar attendees can access the recorded Streaming Video of this Seminar/Webinar for 30 days following the presentation.



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Patricia A. Resick, Ph.D., ABPP
 April 4 & 5, 2019 - *Wyndham Lancaster Resort & Convention Center*

Fees (In Person or Webinar)

	<u>One Day</u>	<u>Both Days</u>
Individual Early Registration (received by February 21) _____	\$130 per person -----	\$245 per person
Two or more together at the same time (by February 21) _____	\$115 per person -----	\$225 per person
Regular Registration (February 22 - March 29) _____	\$145 per person -----	\$265 per person
Late Registration and Walk-Ins - No Webinar Registrations After April 2 _____	\$160 per person -----	\$285 per person

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