



Introduction to Cognitive Processing Therapy for PTSD

Presented by

Patricia A. Resick, Ph.D., ABPP

Overview

This program introduces participants to cognitive processing therapy (CPT) protocols for posttraumatic stress disorder (PTSD). The program begins with a description of the research that demonstrates the effectiveness and scope of CPT. Next, Dr. Resick discusses functional descriptions of why some people do not recover from trauma and why comorbid symptoms develop along with their PTSD. The psychobiology of PTSD and cognitive theory is introduced to describe why some people do not recover from traumatic events and why cognitive therapy reduces PTSD and comorbid symptoms. Participants learn about the standard 12-session therapy with new changes in the forthcoming 2nd edition of the treatment manual, along with a variable-length version of the protocol and telehealth. Cross cultural adaptations are incorporated.

CPT is a very systematic approach to treating PTSD in which participants learn to think about their traumatic events differently and learn the skill of more balanced thinking generally. This program includes videotaped examples of the therapy.

Cautionary note: This program is an overview of CPT and does not qualify someone to receive consultation or become a qualified provider listed on cptforptsd.com.

Objectives: Participants will be able to:

- Describe a functional model of PTSD.
- Demonstrate the differences between assimilation, accommodation and over-accommodation.
- Identify the stuck points of clients with PTSD.
- Describe how patients develop skills that examine and change dysfunctional thoughts about their traumatic events.
- Identify how Socratic questioning is utilized with PTSD
- Identify descriptions of several cross-cultural adaptations

Evidence Base for Cognitive Processing Therapy (1:33)

- CPT and Treatment Guidelines
- Overview of randomized controlled trials
- CPT and Comorbid symptoms
- Factors that Affect Outcomes

Why do Some People Fail to Recover from Trauma?

- Functional Description of PTSD
- Neurobiology of PTSD
- Cognitive Theory and PTSD (1:30)

Description of CPT Sessions (1:34)

- Video examples
- Example worksheets

Variations in CPT (1:27)

- Variable Length CPT
- Telehealth suggestions
- Cross Cultural adaptations

Patricia A. Resick, Ph.D., ABPP is Professor of Psychiatry and Behavioral Sciences at Duke Health and Adjunct Professor, Medical University of South Carolina. Dr. Resick's specialty is in understanding and treating the effects of traumatic events, particularly posttraumatic stress disorder (PTSD). She developed Cognitive Processing Therapy (CPT) for PTSD and has overseen multiple clinical trials. CPT is considered a first line therapy for PTSD.

Dr. Resick has published over 350 journal articles and chapters as well as 12 books. She has won many research and mentoring awards as well as Lifetime Achievement Awards from Division 56 (Trauma division) of the American Psychological Association, the International Society for Traumatic Stress Studies and the Association for Behavioral and Cognitive Therapies.

6 CE Hours for Psychologists Counselors Social Workers MFT

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