



# Cognitive Processing Therapy for PTSD

Presented by

**Patricia A. Resick, Ph.D., ABPP**

## Overview

This program 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.

The CPT protocols include 12 didactic and interactive learning sessions. The first 8 sessions focus on using CPT in treating individuals with PTSD. The last 4 sessions focus on how to lead CPT group treatments.

## Objectives—Participants will be able to:

- Describe a functional model of PTSD
- Demonstrate the difference between assimilation, accommodation and over-accommodation
- Describe the format and goals for each CPT treatment session
- Describe common PTSD client “stuck points”
- Demonstrate Socratic dialogue to challenge stuck points
- Describe how to use the treatment tools included with the CPT Manual

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/>

## 11.5 Hour CE Credits

### Barriers to Learning Cognitive Processing Therapy (CPT) - Research on CPT

#### 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

#### 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

#### Session 3 - ABC Worksheets

- Reviewing ABC Worksheets
- Introduction to Socratic Questioning

#### 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

#### 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

#### 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

#### 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

## 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.

**Approved Home Study 12 CE Hours for Psychologists Counselors Social Workers Nurses MFTs OTs**

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