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 therapists
- 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!

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 psych education 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.

Register online at: pesi.com/webcast/88994

Join us online for this highly anticipated live training!

LIVE Interactive Webinar

Monday & Tuesday
July 24 & 25, 2023

FREE Book

with Registration

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

Included in your registration is your own copy of Cognitive Processing Therapy for PTSD, the co-authored 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, Ph.D., 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 and supervisors. She is co-chair of a 17-site study comparing CPT to Prolonged Exposure in US veterans in addition to conducting a 56 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.

Financial Disclosures:

Dr. Chard receives a speaking honorarium, recording, and book royalties from PESI, Inc. She has a research activity that is grant funded through Health Services Research and Administration Medical Center, the University of Cincinnati, and the Department of Veterans Affairs. She receives financial support as a published author. She has a research activity that is grant funded through Health Services Research and Administration Medical Center, the University of Cincinnati, and the Department of Veterans Affairs. She receives financial support as a published author. She is co-chair of a departmental study comparing CPT to Prolonged Exposure in US veterans in addition to conducting a 56 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.

Conflict of Interest:

Financial: Kathleen Chard receives a speaking honorarium, recording, and book royalties from PESI, Inc. She has a research activity that is grant funded through Health Services Research and Administration Medical Center, the University of Cincinnati, and the Department of Veterans Affairs. She receives financial support as a published author. She has a research activity that is grant funded through Health Services Research and Administration Medical Center, the University of Cincinnati, and the Department of Veterans Affairs. She receives financial support as a published author. She is co-chair of a departmental study comparing CPT to Prolonged Exposure in US veterans in addition to conducting a 56 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.

Non-Financial: Dr. Chard is an author and review editor for several peer review journals, is a co-author of the evidence-based assessment tool, and is a sought-after speaker. She is also a co-developer of CPT and director of the Trauma Recovery Center at the Cincinnati VA Medical Center.

Get a FREE copy of the official CPT Training Manual, included with registration.

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This continuing education activity is designed to meet state board requirements for the following professions: Addiction Counselors, Coaches, Chemical Dependency Counselors, Physicians, Psychologists, Psychiatrists, Social Workers, and Marriage and Family Therapists.

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