

**Cognitive Processing Therapy: Two-day Training for Treating PTSD****Led by Patricia A. Resick, Ph.D****March 25 and 26, 2010****Institute for Disaster Mental Health at SUNY New Paltz*****Sponsored by the New York State Office of Mental Health***

One of the most effective evidence-based treatments for PTSD is Cognitive Processing Therapy (CPT), a 12-session cognitive behavioral treatment. CPT is predominantly a cognitive therapy that can be implemented with or without a smaller exposure component than imaginal exposure therapy and is therefore more acceptable to many clients and practitioners seeking alternatives to purely exposure-focused treatments. It also directly targets associated problems such as depression, guilt, and anger. Originally developed for rape and sexual assault, CPT has been successfully applied to veterans, refugees, and survivors of other traumas.

This two-day professional training in CPT will be led by its developer, Patricia A. Resick, Ph.D. Dr. Resick is the Director of the Women's Health Sciences Division of the National Center for PTSD at the VA Boston Healthcare System, a Professor of Psychiatry and Psychology at Boston University, and the 2009 President of the International Society for Traumatic Stress Studies. Completion of this training will prepare practitioners to implement CPT with trauma survivors, and will provide attendees with practical and useful materials and resources on using CPT with survivors of specific types of trauma, such as those who experienced combat, sexual assault, or the suicide of a loved one.

*See Appendix for addition details on training components.*

**WEBCAST CPT TRAINING:**

The Institute for Disaster Mental Health will utilize Webinar technology services to professionally broadcast the on-site training at SUNY New Paltz simultaneously to multiple remote sites. Groups of attendees at remote sites will view the presentation as a live stream, on March 25 (9am-5pm EST) and March 26 (8:30am-4:30pm EST), or with alternative, delayed timing arrangements that better suit remote site needs. Live Webcasts allow remote sites to participate in question and answer sessions. For smooth collaboration, it is recommended that remote sites utilize a proctor to compile and submit questions to the presenter. Hosting sites are invited to either offer in-house trainings for staff and/or students based on established budgets for such purposes, or to charge attendees a fee to cover local costs. The pricing structure and the availability of a full refund is offered to make webhosting as accessible as possible and to eliminate risks for hosting agencies. Complimentary attendance will be granted to a few coordination assistants at each remote site. Continuing Education units for 12 credit hours will be available with the National Board for Certified Counselors and the National Association for Social Worker. Attendees can purchase and obtain CEUs by contacting Doreen Lyons at (845) 257-2909 or [lyonsd@newpaltz.edu](mailto:lyonsd@newpaltz.edu)

**Webcast Coordination:****I. Requirements at Remote Sites:**

## Technology:

- Computer, broadband internet, good quality speakers
- Projection equipment, large screen
- No IT staff required, as tech support will be provided prior to and during training

## Preparation:

- Maintain communication with IDMH re: project status, changes, etc.
- Contractual agreements with SUNY New Paltz
- Complete preparatory, automated online orientation and training
  - Remote site managers will be provided with necessary IP address and password once funding is secured
- Testing your computer, internet connections, and other relevant remote site equipment

## Suggested Staffing:

- *Site Manager*
  - Oversees all aspects of coordinating the remote training, including contract arrangements with IDMH; organization, pricing, and promotion of the event; registration of attendees; and pursuing any needed tech support from on-site IT department.
- *Site Assistant/Proctor*
  - Assists with setting up training space
  - Oversees sign-in, time-keeping, and housekeeping rules (e.g. cell phones off, bathroom locations, fire exits, etc.)
  - Assists with technology throughout training (e.g. sound levels)
  - Serves as proctor during training: receiving, compiling and submitting selected attendee's content-related questions to the presenter
  - If provided, managing the delivery of snacks, lunch, etc.

## Payment:

- Submit minimum deposit of \$1250 no later than March 10, 2010
  - Cancellations with full refunds will be available up until 2 weeks prior to training
- After training, submit complete list of remote site attendees. The IDMH will send Certificates of Completion to all attendees.
- Submit payment in full based on final attendance number

**I. Cost:**

Base fee: \$1,250 Minimum fee; for up to 10 attendees  
 + \$ 125 per person for 11-20 attendees  
 + \$ 75 per person for *over* 20 attendees

*Attendance count will not include the remote site manager or assistants who will be comped. This base fee to IDMH purchases rights to produce remote-site training, and covers production costs, administrative costs, technology services, and speaker fees. Tech support from NYN for local sites is included. This 2-day exclusive training cannot be copied or rebroadcast.*

Potential additional, local expenses: Staffing, materials (e.g. brochures, mailings, training manuals for attendees, etc.), coffee and/or snacks for attendees, equipment rentals

**Models for Covering Costs for a Successful Webcast Training:**

Remote sites can either offer “in-house” trainings exclusively for staff, interns, and/or students based on established budgets for such purposes, OR can charge attendees a fee to cover costs. Pricing should be structured by remote sites so as to maximize level of participation, achieving the social purpose of advancing best practices, while also ensuring that sufficient revenue is generated to cover all costs. Below we offer some suggestions and examples; however, sites are free to develop pricing structures that best meet their facility needs. Proposed pricing structures and audience must be approved by IDMH as part of contractual agreements.

Suggestions/Examples to cover and/or minimize costs:

- Registration fee: \$125-\$175
- Attendees: minimum 10. *The greater the attendance, the lower the per capita costs.*
- Minimize or avoid staffing costs (e.g. use agency staff or volunteer proctor)
- Minimize or avoid materials expenses
  - Free promotion through listserv and internet
  - Email training manual to attendees, requesting they print out their own copies
  - If printing and binding manuals for attendees, charge attendees an additional fee to cover this expense
- Avoid rental costs by utilizing agency facilities or collaborating with agency that has necessary resources (e.g. conference room, projection equipment)

*Sample A:*

Registration fee	\$125		
Expected attendance	x 40	=	\$5000
Fee to IDMH		=	<u>4000</u> (\$2500 + 20 x \$75)
Remaining revenue		=	<b>\$1000</b>

*Sample B:*

Registration fee	\$175		
Expected attendance	x 20	=	\$3500
Fee to IDMH		=	<u>2500</u>
Remaining revenue:		=	<b>\$1000</b>

**Net Revenue to Local Sponsor at Various Hypothetical Attendance Levels:**

Fee	Number of Attendees			
	20	30	40	50
\$125	--	\$500	\$1000	\$1500
\$150	\$500	\$1250	\$2000	\$2750
\$175	\$1000	\$2000	\$3000	\$4000

*Updated 1/14/10*    **Webcast Training Coordination; Cognitive Processing Therapy**

**Please contact us with any questions and to discuss details further:**

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## **Appendix**

### ***TRAINING COMPONENTS***

#### **Cognitive Processing Therapy Training Components**

The following is an overview of the main components included in this training. Please see [www.newpaltz.edu/idmh](http://www.newpaltz.edu/idmh) for the complete list of topics.

#### **Part 1: Introduction to Cognitive Processing Therapy (CPT)**

Theory Behind CPT

PTSD as Disorder of Non-Recovery

Pre-Therapy Issues

Overview of CPT Sessions

Socratic Questioning Within CPT

Issues in Conducting CPT

#### **Part 2: CPT Session by Session**

1: Introduction and Education

1a: Traumatic Bereavement

2: The Meaning of the Event

3: Identification of Thoughts and Feelings

4: Remembering the Traumatic Event

5: Second Trauma Account

6: Challenging Questions

7: Patterns of Problematic Thinking

8: Safety Issues

9: Trust Issues

10: Power/Control Issues

11: Esteem Issues

12: Intimacy Issues and Meaning of the Event

#### **Part 3: Alternatives and Considerations in Conducting CPT**

CPT Without the Written Account (CPT-C)

Group CPT Administration

Group Treatment Plan, week by week