

TRAINING COMPONENTS

Cognitive Processing Therapy

The following is an overview of the main components included in this training.

- Introduction to CPT
- Implementation of CPT in the VA
- Symptoms of PTSD and Theory Underlying CPT
- Research & Therapy Outcomes
- Brief Review of CPT Manual & Forms
 1. Manual
 2. Session Summaries
- Pretreatment Assessment and Pretreatment Issues

SESSION 1

1. Symptoms and Rationale
2. Types of Emotions (Natural and Manufactured)
3. Selecting Worst Trauma
4. Stuck Point Log
5. Overview of Treatment
6. Assigning Impact Statement

SESSION 2

1. Reading and Processing the Impact Statement
2. Introducing the ABC Worksheet
 - Participants fill out ABC Worksheets
- 2a. Traumatic Bereavement
 1. Second Impact Statement
 2. Mourning/Looking for Bereavement Stuck Points

SESSION 3

1. Reviewing ABC Worksheets
2. Introduction to Socratic Questioning
3. CPT versus CPT-C
4. Assignment of the Written Account

SESSION 4

1. First Written Account
 - What to do if patient didn't do account or account incomplete
 - Goals of reading the account
2. Principles of Socratic Dialogue
3. Roleplay

SESSION 5

1. Second Written Account
2. Assignment of Challenging Questions Worksheet

SESSION 6

1. Review of Challenging Questions Worksheet
2. Roleplay Challenging Questions Worksheet
3. Assignment of Patterns of Problematic Thinking Worksheet

SESSION 7

1. Review of Patterns of Problematic Thinking
2. Introducing the Challenging Beliefs Worksheet (CBW)
3. Reminder of CPT-C Protocol
4. Introduce Safety

SESSIONS 8-11

1. Safety
2. Trust
3. Power/Control
4. Esteem
 - Additional Assignments
5. Intimacy (Introduction)

SESSION 12

1. Review of Intimacy
2. Final Impact Statement
3. Review of Therapy and Goals

ONGOING CLINICIAN RESOURCES

1. Recommended Readings
2. COLLAGE Website & Consultation Calendar
3. Reminder about training requirements to become a CPT Provider

SUNY New Paltz

Institute for Disaster Mental Health

COGNITIVE PROCESSING THERAPY: DVD Training Package for Treating PTSD

Led by **Patricia A. Resick, Ph.D**

COGNITIVE PROCESSING THERAPY: DVD Training Package for Treating PTSD

INSTITUTE FOR DISASTER MENTAL HEALTH
at SUNY New Paltz

Led by **Patricia A. Resick, Ph.D**

Between disasters, interpersonal violence, and combat experiences, traumatic events are common in modern life. While most people recover on their own or with help from family and friends, some develop posttraumatic stress disorder. Left untreated, PTSD can drastically impair the quality of life for sufferers and their loved ones and may lead to substance abuse or suicide, yet the symptoms of PTSD make traditional talk therapy techniques ineffective for many people.

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 DVD training package provides 12 hours of professional training in CPT led by its developer, Patricia A. Resick, Ph.D., Director of the Women's Health Sciences Division of the National Center for PTSD at the VA Boston Healthcare System, 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 it 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.

DVD TRAINING PACKAGE CONTENTS Cognitive Processing Therapy for Treating PTSD

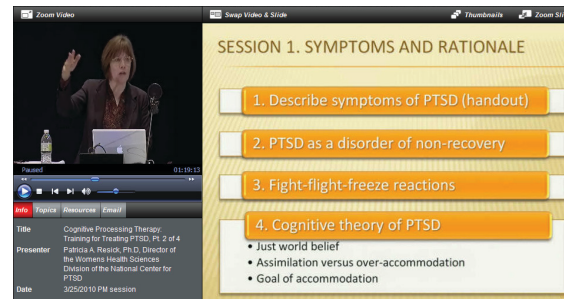
The training package includes:

- Four-DVD-ROM set with professional recording of two-day training (total 12 hours), including a split screen view of both the training PowerPoint slides and video of Dr. Resick's presentation. DVD-ROMs play only on computers and are not Mac compatible.
- Bound Therapist's Manual for Cognitive Processing (223 pages)
- Supplemental CPT Worksheets (4 pages)
- Handout of Training PowerPoint (46 pages)

By completing the DVD Training Package, clinicians will learn the theoretical underpinnings and supporting evidence for CPT, become familiar with the current functional model for diagnosing and treating PTSD, and learn how to conduct CPT with trauma survivors session by session. Dr. Resick provides thorough instruction in CPT techniques accompanied by case studies, video demonstrations, and role-play assignments.

CPT skills include:

- effective use of Socratic questioning
- identification of stuck points and patterns of problematic thinking
- implementation of CPT worksheets and homework assignments
- psychoeducation on trauma symptoms and associated issues (e.g. bereavement)
- problem-solving interventions
- effective ways of challenging problematic thinking and beliefs
- processes for treating and resolving common and coinciding issues related to safety, power/control, trust, esteem, and intimacy



ORDER FORM

TO ORDER BY MAIL:

Please complete this form and return it with payment to:
The Institute for Disaster Mental Health, JFT 214
State University of New York at New Paltz
600 Hawk Drive
New Paltz, NY 12561-2440

TO ORDER BY PHONE:

Please call the IDMH Office at (845) 257-3477

~ Please print legibly ~

Name: _____

Title: _____

Mailing address: _____

E-mail address: _____

Phone: _____

- DVD Training Package in CPT:** Including four-DVD-ROM set of 12-hour training, bound CPT manual, CPT worksheets, and handout of training PowerPoint. DVD-ROMs play only on computers and are not Mac compatible.

Cost, including shipping & handling: **\$120**

Quantity: _____

Total Payment: _____

Payment:

- Check or money order enclosed, payable to "CAS/IDMH"

- Credit Card

Visa MasterCard Charge Amount: _____

Name on card: _____

Card number: _____

Exp. date: ____/____

Cardholder Signature: _____

TERMS OF USE:

- In purchasing these Cognitive Processing Therapy (CPT) training materials, I agree to use them only for my personal, noncommercial use. I will not modify, reproduce, distribute, exchange, sell, or transmit any of the purchased materials.

Signature: _____