

Cognitive Processing Therapy (CPT) 2-Day Provider Training: An Evidenced-Based Treatment for PTSD

Thursday & Friday, Sept 29 & 30, 2016 – 8:00am – 5:00pm

Cognitive Processing Therapy (CPT) is listed in the SAMHSA National Registry of Evidence-based Programs and Practices. This two-day intensive seminar is being provided with special permission from the Center for Deployment Psychology and the National Center for PTSD (VA NCPTSD) and will provide mental health clinicians with all the necessary tools to begin using CPT immediately with clients.

Course Highlights:

- ✓ This workshop is being presented with special permission from the Center for Deployment Psychology and the National Center for PTSD (VA NCPTSD).
- ✓ This training is typically only available directly through the Veterans Administration or the Department of Defense.
- ✓ Attendees will leave with the ability to immediately conduct the 12 Session Cognitive Processing Therapy model with clients suffering from PTSD.
- ✓ Receive a comprehensive 200 page CPT manual with step by step guidance on how to implement each session with your client.
- ✓ Learn from a National Expert in Cognitive Processing Therapy

Presenter: Laura J Copland, MA, LMHC is the Senior PTSD Treatment Trainer and a National Cognitive Processing Therapy Trainer at the Center for Deployment Psychology at Uniformed Services University of the Health Sciences in Bethesda, MD. Ms. Copland has more than 25 years of direct clinical experience working with military veterans and other survivors of trauma and acute and post-traumatic stress issues. She has trained both military and civilian professionals on working effectively with military behavioral health issues.

Location:

MCEA Conference Center
12 Taft Ct, Rockville, MD

FREE PARKING at this workshop location

Registration:

Cost: \$349 early registration through August 31, \$399 after August 31 – GROUP DISCOUNT: \$325 PER PERSON FOR 3 OR MORE

 www.marylandceu.com

 301.539.9355

CEU Credit Information:

14 Maryland Social Work Category I CEU credits and DC Social Work Credits.

These credits are typically also accepted by:

- Maryland Psychology Board of Examiners
- Maryland Board of Professional Counselors
- Virginia Board of Social Work
- West Virginia Board of Social Work
- **Professionals licensed in other states should check with their licensing board to ensure that they accept Maryland Social Work Category I Credits and/or DC Social Work Credits.

Agenda Day 1

Time	Topic
8:00-8:30am	Registration, Networking, and Welcome
8:30-9:30am	Introductions & Overview of the training Therapy outcome research on CPT <ul style="list-style-type: none"> • Sampling of RCTs • Effectiveness Data • Long-term Follow-Up • Dismantling Study
9:30-9:45am	Break
9:45-11:00am	New Model of PTSD & Theories Underlying CPT <ul style="list-style-type: none"> • PTSD “a disorder of non-recovery” • Cognitive processes in CPT treatment • How CPT works • Role play
11:00-11:30am	PHASE I CPT: Pre treatment <ul style="list-style-type: none"> • How to best utilize a pre-treatment session • What to focus on • Structuring sessions • CPT versus CPT-C • Flexible Length Options
11:30am-12:30pm	PHASE II CPT: Education: PTSD, thoughts & emotions Session 1 <ul style="list-style-type: none"> • Social-Cognitive Theory of PTSD and CPT Treatment Rationale • Assigning Practice Assignments • Role play
12:30pm-1:30pm	Lunch Break (Lunch provided onsite)
1:30-2:30pm	Session 1 (Cont) <ul style="list-style-type: none"> • Selecting Index Trauma (Worst Trauma) • Assigning Impact Statement
2:30-2:45pm	Break
2:45-4:00pm	Session 2 <ul style="list-style-type: none"> • Processing the Impact Statement • Introducing & assigning ABC sheets • Role play
4:00-4:45pm	Session 3 <ul style="list-style-type: none"> • Reviewing ABC Worksheets – Helping Clients Effectively Use ABC Worksheets • CPT-Cognitive Only • Assigning first written account
4:45-5:00pm	Review Out-of-Training Practice for Day Two: <ul style="list-style-type: none"> • Read: pp. 1—25 Manual (Background info) • Do: “CPT Training Practice Assignment” on stuck points

Agenda Day 2

Time	Topic
8:00-8:30am	Sign-In, Networking
8:30-8:45am	Welcome back Review of Homework <ul style="list-style-type: none"> • Questions
8:45am-10:00am	PHASE III CPT: Processing the trauma Session 4 <ul style="list-style-type: none"> ▪ Processing the written account
10:00-10:15am	Break
10:15-12:00pm	Principles of Socratic Dialogue <ul style="list-style-type: none"> • Changing Minds/Guiding Discovery • Role-play • Assigning the second written account
12:00-12:30pm	Session 5 <ul style="list-style-type: none"> • Processing the second written account • Introducing & assigning Challenging Questions worksheets • Role-play
12:30pm-1:30pm	Lunch Break (Lunch provided onsite)
1:30-2:30pm	PHASE IV CPT: Learning to challenge Session 6 <ul style="list-style-type: none"> ▪ Challenging Questions ▪ Role play ▪ Introducing & assigning Problematic Thinking worksheet ▪ Audience activity Session 7 <ul style="list-style-type: none"> ▪ Patterns of Problematic Thinking ▪ Introducing & assigning Challenging Beliefs Worksheets (CBW) ▪ Introducing trauma theme #1: Safety
2:30-2:45pm	Break
2:45-3:30pm	PHASE V CPT: Trauma themes Session 8 <ul style="list-style-type: none"> • Safety • Role play (CQ/Safety) Session 9 <ul style="list-style-type: none"> • Trust
3:30-4:30pm	Session 10 <ul style="list-style-type: none"> ▪ Power and Control Session 11 <ul style="list-style-type: none"> ▪ Esteem PHASE VI CPT: Facing the future Session 12 <ul style="list-style-type: none"> ▪ What Will Client Do Now? ▪ Intimacy
4:30-5:00pm	CBW Role play Final Impact Statement Evaluations, Questions, Course Conclusion

Three Ways to Register!

Online: www.marylandceu.com/register

By Phone: 301-539-9355

Mail: Complete form below

Sept 29 & 30, 2016 – CPT Provider Training Registration Form

Please complete the form below and mail your registration along with a check or money order for the total amount of the workshops that you wish to attend. Once your registration and payment has been received we will email or mail (if no email provided) a receipt along with instructions for the day of the workshop.

Name: _____ Address: _____

Apt/Suite #: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Company/Organization (optional): _____

Are you a... Licensed Social Worker Licensed Professional Counselor Psychologist
 Case Worker Certified Addiction Counselor Other: _____

Workshop Fee: \$349 early registration (must be postmarked no later than Aug 31)

****We cannot accept late registration fees by mail. Please call 301-539-9355 for late registration options.****

TOTAL AMOUNT ENCLOSED	\$ <input type="text"/>
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****Please make checks payable to Optimal Life Solutions, LLC****

Mail to:

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