

## Training Components

### CPT Training Components

- Introduction to CPT
- Implementation of CPT in the VA
- Symptoms of PTSD & Theory Underlying CPT
- Research & Therapy Outcomes
- Brief Review of CPT Manual & Forms
  - Manual
  - Session Summaries
- Pretreatment Assessment & Pretreatment Issues
- Session 1
  - Symptoms & Rationale
  - Types of Emotions (Natural & Manufactured)
  - Selecting Worst Trauma
  - Stuck Point Log
  - Overview of Treatment
  - Assigning Impact Statement
- Session 2
  - Reading & Processing the Impact Statement
  - Introducing the ABC Worksheet
  - - Participants fill out ABC Worksheets
- Session 2a. Traumatic Bereavement
  - Second Impact Statement
  - Mourning/Looking for Bereavement Stuck Points
- Session 3
  - Reviewing ABC Worksheets
  - Introduction to Socratic Questioning
  - CPT versus CPT-C
  - Assignment of the Written Account
- Session 4
  - First Written Account
    - - What to do if patient didn't do account or account is incomplete
    - - Goals of reading the account
  - Principles of Socratic Dialogue
  - Role Play

### CPT Training Components (continued)

- Session 5
  - Second Written Account
  - Assignment of Challenging Questions Worksheet
- Session 6
  - Review of Challenging Questions Worksheet
  - Role play Challenging Questions Worksheet
  - Assignment of Patterns of Problematic Thinking Worksheet
- Session 7
  - Review of Patterns of Problematic Thinking
  - Introducing the Challenging Beliefs Worksheet (CBW)
  - Reminder of CPT-C Protocol
  - Introduce Safety
- Sessions 8-11
  - Safety
  - Trust
  - Power/Control
  - Esteem
  - - Additional Assignments
  - Intimacy (Introduction)
- Session 12
  - Review of Intimacy
  - Final Impact Statement
  - Review of Therapy and Goals
- Ongoing Clinician Resources
  - Recommended Readings
  - COLLAGE Website & Consultation Calendar
  - Reminder about training requirements to become a CPT Provider



# Cognitive Processing Therapy (CPT)

## A Two Day Training for Treating PTSD

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

Institute for Disaster Mental Health at SUNY New Paltz  
Sponsored by the New York State Office of Mental Health

Webcast Live  
to the American Red Cross  
Greater Rochester Chapter

**March 25 & 26, 2010**



## Cognitive Processing Therapy A Two Day Training for Treating PTSD

(Webcast Live to Rochester)

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

Institute for Disaster Mental Health at SUNY New Paltz  
Sponsored by the New York State Office of Mental Health

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 Post Traumatic 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 two-day professional training in CPT will be 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 on survivors of specific types of trauma, such as those who experienced combat, sexual assault, or the suicide of a loved one.

## Training Schedule

### Thursday, March 25, 2010

8:30am  
Continental Breakfast & Registration

9:00am  
Introduction of Patricia Resick, Ph.D.

9:15am  
Morning Session

12:00pm  
Lunch (provided on-site)

1:00pm  
Afternoon Session

5:00pm-6:00pm  
Networking and Tabling

### Friday, March 26, 2010

8:00am  
Continental Breakfast

8:30am  
Morning Session

12:00pm  
Lunch (provided on-site)

1:00pm-5:00pm  
Afternoon Session

## Training Information

This two day CPT training is being offered by the Institute for Disaster Mental Health at SUNY New Paltz and is being webcast live to Rochester by the Greater Rochester Chapter of the American Red Cross.

The Greater Rochester Chapter of the American Red Cross is located in the heart of Rochester's Neighborhood of the Arts (NOTA) behind the Memorial Art Gallery. The training location is handicapped accessible. American Sign Language (ASL) Interpreting is available upon request.

CPT Training Registration is \$175 and includes continental breakfast and lunch on both days.

For more information or for local lodging options please contact Judy Mandrick at 585-241-4480 or [mandrickj@grcarc.org](mailto:mandrickj@grcarc.org)

## Registration

Please complete the attached registration form and return with payment for \$175 to Judy Mandrick at:

American Red Cross  
Disaster & Emergency Services  
American Red Cross  
Greater Rochester Chapter  
50 Prince Street, Rochester NY 14607

Or contact 585-241-4480 or [mandrickj@grcarc.org](mailto:mandrickj@grcarc.org)

**Registration Deadline: March 17, 2010**

Please make payments payable to:  
The American Red Cross Greater Rochester Chapter.

Visa, MasterCard and American Express accepted