

Cognitive Processing Therapy For PTSD: An Overview

Friday, April 20, 2012 (Registration Deadline: Wednesday, April 11, 2011)

PRESENTER

Patricia A. Resick, PhD is the Director of the Women's Health Sciences Division of the National Center for PTSD at the Veterans Affairs (VA) Boston Healthcare System and a Professor of Psychiatry and Psychology at Boston University. She has received several grants to provide services and conduct research on the effects of traumatic events, particularly on women, and to develop and test therapeutic interventions for PTSD. Dr. Resick developed and tested **Cognitive Processing Therapy (CPT)**, an effective short term treatment for PTSD and corollary symptoms. She has published extensively and has also served on the editorial boards of eight scientific journals. Since 2006 she has been leading a national VA initiative to disseminate CPT throughout the country and she is currently conducting a large clinical trial at Ft. Hood, Texas.

OVERVIEW

The purpose of this workshop is to introduce attendees to Cognitive Processing Therapy (CPT), a 12-session evidence-based treatment for PTSD and comorbid symptoms. CPT has been tested with a range of traumas including people with very complex trauma histories and symptoms. Dr. Resick will first present a functional model of PTSD to explain why some people have more trouble recovering from traumatic events than others. Then, she will briefly describe some of the research supporting the therapy and will describe how CPT is being disseminated throughout the VA and DoD. The rest of the day will be spent walking the participants through the protocol session by session. Videotaped examples will be included.

OBJECTIVES

At the conclusion of the workshop, you will be able to:

- **Explain** the role of avoidance in maintaining PTSD symptoms
- **Describe** the biology of normal and PTSD responses to traumatic events
- **Summarize** the results of CPT with rape, intimate partner violence, child sexual abuse, and combat .
- **Utilize** components of CPT including worksheets and other practice assignments.
- **Recognize** the importance of Socratic dialog and how to do it.

WHO SHOULD ATTEND

This is an intermediate level workshop geared towards professionals with prior training and experience in working with people with trauma histories and symptoms, including psychologists, mental health counselors, social workers, marriage and family therapists, addiction counselors, and other human service professionals.

SCHEDULE

8 - 8:30 a.m. (EST)

- Registration, Continental Breakfast

8:30-10 a.m.

- A Functional Model of PTSD

10-10:10 a.m. - Break

10:10-12 noon

- Research on CPT; Protocol Description

.12:00 noon-1:15 p.m. Lunch (on your own)

1:15-2:15 p.m.

- Sessions 1-6

.2:15-2:25 p.m. - Break

2:25-4 p.m.

- Sessions 7-12 , Special Populations, Discussion, Q & A

QUESTIONS AND/OR AUXILIARY AIDS

To register: contact Fran Howard, Workshop Registrar at (260) 482-9125, ext. 2019

For workshop questions: contact Gin Moore at (260) 482-9125, ext. 2188

Fax: (260) 481-2717 **TDD:** (260) 481-2730

E-Mail address: FHOWARD@PARKCENTER.ORG

WORKSHOP LOCATION: Grand Wayne Center, 120 W. Jefferson, Ft. Wayne, IN.

UPCOMING WORKSHOPS:

- Friday, May 18, 2012 **The Power of Positive Being! Positive Psychology in Clinical Practice**
Featuring: Daniel J. Tomasulo, PhD, MFA
- Friday, June 22 **Cognitive Therapy For Psychosis: An Individualized Approach to Extreme States**
Featuring: Ron Ungar, LCSW

SPONSOR

Park Center, Inc. is a private, non-profit, counseling and psychiatric center for adults, adolescents, children and families.

VISIT OUR WEBSITE AT:

www.parkcenter.org/workshop.htm



COGNITIVE PROCESS THERAPY FOR PTSD: AN OVERVIEW

FEATURING: **PATRICIA A. RESICK, PHD**

DATE: **FRIDAY, APRIL 20, 2012**

CONTINUING EDUCATION GENERAL INFORMATION

REGISTRATION FEE: \$110.00 / \$90.00 per person for four or more registrations submitted together from the same organization for any of The workshops listed in the Spring 2010 Park Center Professional Training Series workshops. Continental breakfast, break refreshments, and training materials are all included. Lunch on your own.

CANCELLATION: Up to 5 days prior, \$10.00 administrative fee, less than 5 days, non-refundable.

CONFIRMATION: A confirmation letter will be sent to registrants. Out-of-town registrants will also receive a travel map.

LOCATION: Grand Wayne Center ~ 120 W. Jefferson Blvd. ~ Fort Wayne, Indiana 46802 ~ (260) 426-4100

LODGING: The Hilton Hotel is located in the Grand Wayne Center complex. Make your reservations by calling (260) 420-1100, ext. 7205. *If you need assistance with obtaining room reservations, please call Fran Howard at toll free (866) 481-2700, ext. 2019.*

PARKING: Parking is available for a fee within a two-block radius of the workshop location.

FACILITY ACCESSIBILITY: The Grand Wayne Center and Hilton Hotel are handicap accessible facilities. Please contact Fran Howard, Workshop Registrar, toll free (866) 481-2700, ext. 2019 if special accommodations are needed.

QUESTIONS OR CONCERNS: Contact Gin Moore at (260) 482-9125, ext. 2188.

WORKSHOP ROOMS ARE TRADITIONALLY COOL, PLEASE DRESS APPROPRIATELY.

American Psychological Association	↔	Park Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Park Center maintains responsibility for this program and its content. Credit: 6 Hours.
Association of Social Work Board	↔	Approved sponsor of continuing education programs. Credit: 6 Hours.
Indiana Behavioral Health Board	↔	Approved provider of Category I continuing education for LSW, LCSW, LMFT, LMHC, LMFTA, LCAC and LAC. However, licensees must judge the program's relevance to their professional practice. Credit: 6 Hours.
Indiana State Psychology Board	↔	Approved sponsor of continuing education programs for psychologists. Credit: 6 Hours.
Indiana Law Enforcement Training Board	↔	Approved provider for training of Indiana law enforcement officer and support personnel. Credit: 6 Hours.
National Board for Certified Counselors	↔	Approved provider of continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. Credit: 6 Hours.
NAADAC - The Association of Addiction Professionals		Approved NAADAC education provider. Credit: 6 Hours.
Ohio Counselor and Social Work Board	↔	Approved sponsor of continuing education programs. Provider number: RCS038704 Credit: 6 Hours.

Note: Continuing education and attendance certificates will be provided to those participants who complete the entire workshop.



COGNITIVE PROCESSING THERAPY FOR PTSD

(Registration Deadline: Wednesday, April 11, 2012)

Name: _____

Degree: _____

Organization: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

E-Mail: _____

INDICATE CONTINUING EDUCATION CREDIT REQUESTED

- APA
 ASWB
 LCSW
 LMFT/LMFTA
 LMHC
 LSW
 LAC/LCAC
 ISPB/HSSP
 ILETB
 NBCC
 NAADAC
 Ohio CSWB

METHOD OF PAYMENT:

Check enclosed (payable to Park Center, Inc.)
 Amount Enclosed \$ _____

Charge my: MasterCard VISA Discover
 Mastercard/VISA Debit American Express

Card Number: _____

Exp. Date: _____

Cardholder Name (print): _____

Signature: _____

MAIL CHECK & REGISTRATION FORM TO:
 Fran Howard, Workshop Registrar, Park Center, Inc.,
 909 E. State Blvd., Ft. Wayne, Indiana 46805

REGISTRATION FORM