



## Cognitive Processing Therapy Workshop Training Description

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**Target Audience:** Mental health providers who treat military personnel and veterans with PTSD.

**Instructional Level:** Introductory

**Course Description:** The STRONG STAR Training Initiative offers a two-day workshop in Cognitive Processing Therapy (CPT). CPT is a 12-session cognitive behavioral treatment for PTSD that can be personalized to include fewer or additional sessions. CPT teaches patients to recognize and challenge dysfunctional cognitions about their traumatic experiences and current beliefs about themselves and others. Through CPT, patients learn about symptoms of PTSD and the connection between trauma-based thoughts and feelings. CPT clinicians engage patients to recognize and challenge unrealistic thoughts, referred to as “stuck points,” throughout the course of treatment.

### **Learning Objectives:**

At the end of this course, participants will be able to:

1. Describe PTSD symptoms and theory underlying CPT
2. Understand and identify pre-treatment issues
3. Use knowledge of assessment and outcome measures
4. Demonstrate knowledge and skills required to implement CPT

**Primary Goal:** After completion of this training, mental health providers will be able to effectively implement CPT.

**Date and Time:** Wednesday and Thursday, April 6-7, 2022 from 9 a.m. to 5:00 p.m. CST.

**Duration:** 2-day workshop

**Where:** Zoom

**Training Cost:** \$300 for eligible providers

# Cognitive Processing Therapy 2-Day Workshop via Zoom

## AGENDA

Please note Agenda "Time" based on **Central Standard Time Zone**

### Day 1: Efficacy, Overview, and Sessions 1-3

<b>8:30 am – 9:00 am</b>	<b>Log-in and Prepare to start</b>
<b>9:00 am – 9:15 am</b>	Welcome and Opening Remarks
	Barriers to Learning Cognitive Processing Therapy
9:15 am – 10:30 am	Research on Cognitive Processing Therapy
<b>10:30 am – 10:45 am</b>	<b>Break</b>
10:45 am – 11:45 am	CPT Theoretical Underpinnings
11:45 am – 12:30 pm	Cognitive Processing Therapy Sessions
<b>12:30 pm – 1:30 pm</b>	<b>Lunch</b>
1:30 pm – 2:00 pm	CPT Session 1: Intro to CPT
2:00 pm- 2:30 pm	ROLE PLAY
2:30 pm – 3:15 pm	CPT Session 2: Impact Statement
<b>3:15 pm – 3:30 pm</b>	<b>Break</b>
3:30 pm – 4:45 pm	CPT Session 3: ABC Worksheets / Socratic Dialogue
4:45 pm – 5:00 pm	Wrap-up and Q&A

### Day 2: Efficacy, Overview, and Sessions 4-12

<b>9:00 am – 10:30 am</b>	<b>Overnight Reflections</b>
	CPT Session 4: Challenging Assimilation
	Responsibility and Blame
<b>10:30 am – 10:45 am</b>	<b>Break</b>
10:45 am – 11:30 am	CPT Session 5: Challenging Questions
11:30 am – 12:30 pm	ROLE PLAY CPT
<b>12:30 pm – 1:30 pm</b>	<b>Lunch</b>
1:30 pm –2:30 pm	Session 6: Patterns of Problematic Thinking & CPT Session 7 Challenging Beliefs Worksheet
2:30 pm –3:15 pm	CPT Session 8: Safety, CPT Session 9: Trust, CPT Session 10: Control
<b>3:15 pm – 3:30 pm</b>	<b>Break</b>
3:30 pm – 4:30 pm	CPT Session 11: Esteem & CPT Session 12: Intimacy
4:30 pm – 5:00 pm	Wrap-up and Q&A

# CPT Manual

Purchase of the CPT manual is a necessary supplement to the training and it is available online via Amazon.com:

[Cognitive Processing Therapy Treatment Manual](#), Authors: Patricia Resick, Candice Monson, and Kathleen Chard

ISBN-13: 978-1462528646

ISBN-10: 1462528643

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## Meet the Presenter

Katy Dondanville, PsyD, ABPP  
Program Director, CPT Trainer & Consultant



**Katy Dondanville, PsyD, ABPP**, is an Associate Professor and a Licensed Clinical Psychologist. She is Board Certified in Cognitive and Behavioral Psychology by the American Board of Professional Psychology. Dr. Dondanville is the Director of Research for the Fort Hood Site of the STRONG STAR Consortium and the Consortium to Alleviate PTSD. She oversees 30 faculty and staff in the delivery and evaluation of clinical intervention research for combat-related PTSD and related conditions in collaboration with some of the world's leading clinical experts.

## Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org) one week prior to the workshop so that we may provide you with appropriate service.

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## Continuing Education

The STRONG STAR Training Initiative offers attendees 13 Continuing Education (CE) Credits for participating in the 2-day training. Participants who attend are eligible to receive 13 CE Credits. To obtain CE Credits, attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to [admin@strongstartraining.org](mailto:admin@strongstartraining.org).

Our continuing education credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

The University of Texas Health Science Center at San Antonio is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.