

Dr. Candice Monson and the CBCT for PTSD Training Team are pleased to present a 2-day, online workshop for healthcare practitioners and trainees in psychology, social work, nursing, counselling, medicine and related fields.

WORKSHOP

COGNITIVE-BEHAVIORAL CONJOINT THERAPY FOR PTSD:

MAXIMIZING PTSD TREATMENT
BY INCORPORATING SIGNIFICANT
OTHERS

MONDAY-TUESDAY

MAY 6 - 7, 2024

10:00 - 5:45 p.m. Eastern Time

Participants in this workshop will receive specific instruction in an evidence-based, manualized form of Cognitive-Behavioral Conjoint Therapy (CBCT) designed to improve PTSD and enhance relationship functioning. Participants will receive training in the essential cognitive behavioral interventions that improve intimate relationship problems, and how these interventions are combined with evidence-based interventions for PTSD to provide synergistic treatment outcomes. This training will deepen clinicians' abilities to conceptualize individual mental health problems within an interpersonal context and use these specific interventions to improve the individual and intimate lives of their clients. Case examples and role plays will allow participants to have hands-on experience with the interventions. Clinical considerations in the application of this CBCT to different types of couples and specific issues that might arise in the delivery of the therapy (e.g., intimate aggression, substance abuse) will be discussed.

OVERVIEW



Candice M. Monson, PhD, is Professor of Psychology at the Toronto Metropolitan University. She is one of the foremost experts on traumatic stress and the use of individual and conjoint psychotherapies to treat PTSD. Dr. Monson

has received numerous awards for her clinical, teaching, and research contributions, including Fellow status in the Canadian and American Psychological Associations and induction into the Royal Society of Canada. Dr. Monson has co-authored 7 books and treatment manuals, including Cognitive Processing Therapy and Cognitive-Behavioral Conjoint Therapy for PTSD.



Steffany Fredman, PhD, is an Associate Professor of Human Development and Family Studies and Psychology, and the Edna P. Bennett Faculty Fellow in Prevention Research at The Pennsylvania State University. Dr. Fredman is a licensed clinical

psychologist and has been studying and treating couples, as well as training clinicians in the delivery of couple therapy, for nearly 25 years. She conducts research on the intersection between individual mental health and couple/family functioning. Dr. Fredman is the co-developer of Cognitive-Behavioral Conjoint Therapy (CBCT) for PTSD.

Cognitive-Behavioral Conjoint Therapy for PTSD



Harnessing
the Healing Power
of Relationships

Candice M. Monson and Steffany J. Fredman

To maximize your learning experience, it is recommended that you read the CBCT for PTSD manual prior to the workshop (available from Guilford Press). To receive the special discount code, visit the CBCT website at <http://www.coupletherapyforptsd.com/>

TRAINING GOALS

- Understand the rationale for using conjoint therapy for the treatment of PTSD and its comorbidities.
- Be able to conceptualize the cognitive and behavioral mechanisms that reciprocally interact to maintain and/or aggravate PTSD and intimate relationship problems.
- Be familiar with the essential behavioral interventions that improve intimate relationship functioning.
- Have knowledge of specific method of cognitive intervention to help dyads challenge thoughts that maintain psychopathology and relationship problems.

AGENDA

DAY 1

- Research regarding PTSD and family functioning including outcomes of CBCT for PTSD
- Evidence-based assessment and review of measures
- Overview of CBCT for PTSD
- Review of Sessions 1-2 of CBCT for PTSD manual

DAY 2

- Review of Sessions 3-15 of CBCT for PTSD manual
- Common challenges and strategies for overcoming them
- Considerations related to different types of diversity and case presentations

WORKSHOP REGISTRATION

Click URL to register:

<http://tinyurl.com/CBCTforPTSD-May6-7-2024>

REGISTRATION FEES:

Professional, early-bird to April 7/24	Cdn \$549.00*
Professional, Regular	Cdn \$599.00*
MD Resident/Post Doc**	Cdn \$399.00*
Student**	Cdn \$299.00*

*Subject to tax where applicable.

**Email valid Student ID to training@candicemonson.com upon registration.

Registration fee includes the 2-day online training, PDF of handout materials, membership in the Couple Therapy for PTSD (www.coupletherapyforptsd.com) community of practice, and helpful CBCT resources.

This workshop meets the requirements toward CBCT for PTSD Provider status and placement on the Provider Roster: www.coupletherapyforptsd.com/roster/

PAYMENT OPTIONS:

Payment accepted by credit card with online registration.

CANCELLATION POLICY:

Refunds are subject to a \$50 cancellation fee.

No refunds offered after May 1, 2024.

POST-WORKSHOP CONSULTATION

Opportunities for additional learning via post-workshop consultation will be discussed during the training, including information related to achieving CBCT for PTSD Provider status.

CE CREDITS

Continuing Education credits for this training will be offered to Canadian and U.S. professionals. This program will offer a total of 12 contact hours with full attendance. Details will follow.

If you have any questions, please contact
training@candicemonson.com