

CBCT for PTSD Consultation

For more information, please visit link <http://www.coupletherapyforptsd.com/training/>

Attending a foundational workshop represents the first step in becoming a CBCT for PTSD Provider and being on our searchable Provider Roster. Post-workshop consultation (individual or group) with an expert consultant in CBCT is the next step in learning to deliver the treatment with proficiency.

We have a post-workshop training program for several reasons:

- There is an association between fidelity to treatment manuals and patient outcomes;
- Clinicians desire to receive expert consultation while learning and implementing CBCT for PTSD; and
- Clients/patients are interested in having a method of finding providers with proficiency in CBCT for PTSD.

There are two levels of CBCT for PTSD Provider Status: **CBCT for PTSD Provider** and **CBCT for PTSD Quality-rated Provider**. Individuals achieving either status are eligible to be on our CBCT for PTSD Provider Roster at <https://www.coupletherapyforptsd.com/roster/>

Details for Achieving CBCT for PTSD Provider Status:

- a. Attendance at a foundational workshop
- *b. Participation in 7.5 hours of individual tele-consultation sessions or 15 hours of group tele-consultation sessions
- c. Completion of the protocol with 2 cases/groups

Details for Achieving CBCT for PTSD Quality-rated Status:

- **d. Items a-c from above and successful rating of 2 randomly selected audio-recorded sessions for fidelity monitoring by expert reviewers

Details and cost of services:

***Tele-consultation Calls:**

The CBCT for PTSD consultation calls provide a one-on-one or group opportunity to seek consultation from a CBCT for PTSD consultant on use of the protocol. The calls are designed to promote confidence and competence in selecting cases for the intervention, trouble-shooting assessment, and delivering the CBCT for PTSD protocol with fidelity. Individuals must complete 7.5 hours of one-on-one consultation calls or 15 hours of group consultation calls.

*Individual Cost: 7.5 hours [which can be used in 15 (30-minute) calls] is **CAD\$2,400 +HST (if applicable)***

*Group Cost (a group consists of a maximum of 8 individuals): 20 hours (1-hour calls) is **CAD\$1,400/clinician +HST (if applicable)**. In order to achieve CBCT for PTSD Provider or Quality-rated Provider status, individuals in the group must attend at least 15 of the 20 calls.*

NOTE: The consultation provided on these calls does NOT constitute supervision; the feedback from the consultant and participants is consultative only. Participants in supervised practice are ultimately practicing under the auspices of their supervisor's license and not the licenses of the CBCT for PTSD consultant or other participants. Participation on a call for the purposes of credentialing is attending for at least 50 minutes.

****Treatment Fidelity Review:**

The CBCT for PTSD team provides review of recorded therapy sessions for fidelity to the treatment model (clinicians need to acquire patient consent to share these recorded sessions with the training team). This involves clinicians sending two randomly selected (by the training team) audiorecorded therapy sessions in a privacy-protected manner either electronically or by tracked mailing method to a trainer. The trainer will review the recording for: 1) adherence to the prescribed and proscribed elements of the treatment (based on session delivered), and; 2) competence in delivering these elements. The essential elements of effective psychotherapy will also be reviewed (e.g., empathy, warmth, genuineness). The trainer will send written feedback via email. It is our goal to provide feedback in a supportive and constructive manner. In order to achieve Quality-rated Provider status, **2** sessions need to receive at least a "Satisfactory" rating on the CBCT for PTSD fidelity rating form (can be downloaded in the Members Only section of our website at www.coupletherapyforptsd.com/therapy-tools/).

Individual Cost: \$300 per reviewed session

NOTE: Patients being audiorecorded need to provide consent for this review. If Quality-rated Provider status in CBCT for PTSD is desired, the team will provide guidance on the sessions to be sent and reviewed. Additional rating costs will be charged if trainee does not successfully pass the fidelity monitoring for a given session.

If you are interested in signing up for CBCT consultation (individual or group), instructions will be given during the online training.