

PRESENTERS



Patricia A. Resick, PhD, ABPP

Dr. Resick is Professor Emeritus of Psychiatry and Behavioral Sciences at Duke University Medical School and Adjunct Professor, Medical University of South Carolina. Dr. Resick's specialty is in understanding and treating the effects of traumatic events, particularly posttraumatic stress disorder (PTSD). In 1988, she developed Cognitive Processing Therapy (CPT) for PTSD, a time-limited, evidence-based treatment, and has overseen multiple clinical trials. The CPT treatment protocol has been formally disseminated throughout the VA and other veterans' services in the U.S., Australia, and Canada. Dr. Resick's research has been continuously funded for over 40 years; she has published more than 350 articles and chapters, and 12 books on PTSD, including the 2nd edition of the best-selling treatment manual "Cognitive Processing Therapy for PTSD: A Comprehensive Manual".



Candice Monson, PhD, C.Psych.

Dr. Monson is Professor of Psychology at the Toronto Metropolitan University. She is one of the foremost experts on traumatic stress and the use of individual, conjoint, and self-guided therapies. Dr. Monson has received numerous awards for her clinical, teaching, and research contributions, including Fellow status in the Canadian and American Psychological Associations and Association of Behavioral and Cognitive Therapies, and induction into the Royal Society of Canada. Dr. Monson has co-authored 9 books, including the treatment manuals *Cognitive Processing Therapy: A Comprehensive Manual* and *Cognitive-Behavioral Conjoint Therapy for PTSD*. Dr. Monson is well-known for her clinical training and dissemination efforts.

The CPT Training Team is pleased to present a 1-day, online workshop suitable for healthcare practitioners and trainees in psychology, social work, nursing, counseling, medicine, and related fields.

The workshop will be hosted live via ZOOM feed, including 2-way video link, and the ability to ask real-time interactive questions of the presenters.

Workshop

Implementing Alternative Forms of Cognitive Processing Therapy (CPT) for PTSD

WORKSHOP OVERVIEW

CPT is a front-line recommended treatment for PTSD in multiple treatment guidelines worldwide. It was initially tested as a 12-session outpatient protocol with women who had suffered sexual assault. Since then, it has been tested with different genders who have suffered various types and multiple traumas. It has also been examined in low resource countries, within front-line practice, in different treatment contexts (e.g., telehealth, residential) and with individuals suffering ongoing trauma (e.g., war). CPT delivery has also evolved to include testing in different formats, including self-directed, text-based, personalized length, and intensive dosing.

In this workshop we will provide a brief history of the evolution of CPT to help participants understand the various modifications and contexts in which it has been found to be effective. We will then review client and clinician factors that predict dropout and outcomes from treatment. Various adaptations of CPT will be specifically presented and demonstrated, including CPT with and without trauma accounts, personalizing the dose of CPT, telehealth delivery, and cross-cultural adaptations. Role plays and video from cases will be used to facilitate this experiential workshop.

**Thursday,
June 20, 2024**

10:00 am – 5:45 pm Eastern
(with a one-hour lunch break and three 15-minute breaks each day)

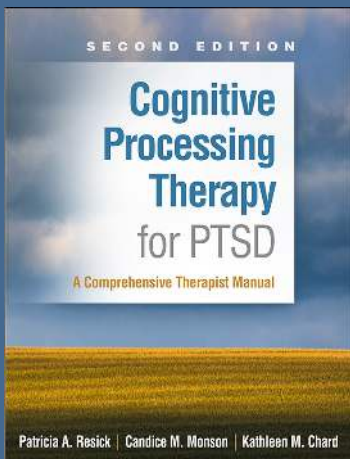
**This 1-day course will
be held online via Zoom**
(link to be provided
prior to workshop)

PREREQUISITE

This one-day workshop builds on the CPT for PTSD Foundational training, teaching participants how to deliver the therapy for PTSD and comorbidities, and how to customize CPT based on client response and equity. Therefore, prior completion of the CPT Foundational training is strongly recommended.

COURSE MATERIAL

If not already done so, participants are encouraged to read the 2nd edition of the CPT manual prior to the workshop, available at Guilford Press after its release on April 11th, 2024. Click [HERE](#) for Guilford Press link.



Agenda:

- Brief history of the evolution of CPT since the 1980s
- Overview of the evidence base of CPT supporting it as a front-line treatment for PTSD and comorbid conditions
- Review of client, clinician and relationship factors predicting dropout and outcomes
- Brief review of CPT protocols
- Personalizing the length of CPT based on client response
- Massed/intensive delivery, evidence and formats
- Practical tips to facilitate telehealth delivery
- Overview of cross-cultural adaptations and accounting for individual diversity

Participants will learn:

- The evidence base supporting CPT as an evidence-based PTSD treatment
- Factors that predict dropout and treatment response
- How to implement personalized length treatment
- Types and considerations for intensive CPT
- Practical tips in delivering CPT via telehealth
- How CPT can be customized based on client response and equity, diversity, inclusion, and justice considerations

WORKSHOP REGISTRATION

Click [HERE](#) to register

Registration Fees:

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|---|---------------|
| Professional, Early Bird (till May 20, 2024) | *Cdn \$275.00 |
| Professional, Regular | Cdn \$299.00 |
| PostDoc/MD Resident (till May 20, 2024) | Cdn \$225.00 |
| PostDoc/MD Resident, Regular | Cdn \$249.00 |
| Student (till May 20, 2024) | Cdn \$175.00 |
| Student, Regular** | Cdn \$199.00 |

**GST/HST to be charged where applicable.*

***Email (training@candicemonson.com) a copy of your Student ID upon registration.*

Registration fee includes the 1-day training, PDF of handout materials, and helpful CPT resources.

Payment Options: Payment accepted by credit or debit (through Shopify) with online registration.

Cancellation Policy: Refunds are subject to a \$25 cancellation fee. No refunds offered after June 14, 2024.

CE CREDITS

Candice Monson, PhD, is approved by the Canadian Psychological Association (CPA) to offer Continuing Education credits to Canadian psychologists. This program offers 6 CE credits with full attendance. Partial CE credit is not offered. Candice Monson, PhD, maintains responsibility for the program.

For US clinicians or other related healthcare fields, it is the responsibility of attendees to determine if CE credit offered by Candice Monson, PhD meets the regulations of their licensing/certification board.

HARDWARE REQUIREMENTS

A stable internet connection - broadband wired or wireless (3G, 4G/LTE or 5G). Speakers and microphone (built-in or USB plug-in or wireless Bluetooth). To ensure connectivity, Zoom prep instructions will be provided prior to workshop. Phone-in option will be available as back-up for audio.

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