

PRESENTERS



Candice Monson, PhD, C.Psych.

Dr. Monson is Professor of Psychology at the Toronto Metropolitan University (formerly Ryerson). She is one of the foremost experts on traumatic stress and the use of individual and conjoint therapies for 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 Association of Behavioral and Cognitive Therapies, and induction into the Royal Society of Canada. Dr. Monson has co-authored 7 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.



Phil Shnaider, PhD, C.Psych.

Dr. Shnaider is a Clinical Psychologist in private practice and an Assistant Professor (PT) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. He previously managed and worked as a Psychologist at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton. He is the co-author of *Treating PTSD with Cognitive-Behavioral Therapies: Interventions That Work*, and has published several peer reviewed publications and book chapters. His research focuses on examining individual, couple, and group cognitive behavioural therapies for anxiety- and trauma-related disorders. Dr. Shnaider is actively involved in efforts to train clinicians in evidence-based interventions for PTSD.

The CPT Training Team is pleased to present a 2-day, online workshop 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

Cognitive Processing Therapy

Evidence-Based Treatment for PTSD

WORKSHOP OVERVIEW

About 10% of North Americans are diagnosed with PTSD in their lifetime, and most will have comorbid conditions (e.g., depression, substance use, dissociation). Fortunately, effective psychotherapies exist for treating these conditions. Cognitive Processing Therapy (CPT) is a recommended first-line therapy in current treatment guidelines world-wide. There are 4 primary targets in CPT: 1) psychoeducation about PTSD from a cognitive perspective; 2) cognitive-behavioural self-monitoring; 3) cognitive interventions specific to trauma appraisals; 4) cognitive interventions aimed at overgeneralized beliefs emanating from traumatization.

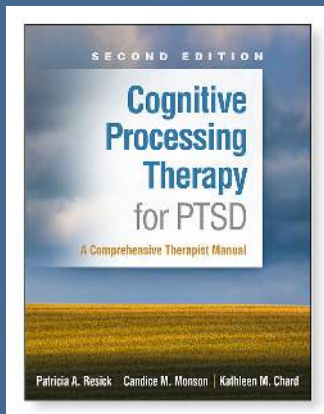
This workshop serves as a foundational training in CPT, highlighting the most recent research and changes in the protocol with the recent publication of the comprehensive manual (Resick, Monson, & Chard, 2024). Participants will receive instruction in the theoretical underpinnings of CPT to facilitate individual case conceptualization, session-by-session review of the protocol, demonstrations with video-recorded materials from actual cases, personal experience with the therapy materials through role-plays, and discussion of common problems encountered.

Monday-Tuesday
October 21-22, 2024

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

This 2-day course will
be held online via Zoom
(link to be provided
prior to workshop)

COURSE MATERIAL



Participants are encouraged to read the latest version of the CPT manual prior to the workshop, available at Guilford Press:

Click URL:

<https://tinyurl.com/CPTmanual>

Please note that the 2nd Edition of the CPT Manual will be available as of April 11, 2024 through Guilford Press.

POST-WORKSHOP CONSULTATION:

At workshop registration, participants may choose to register for 6 months of group consultation toward achieving CPT Provider status.

Agenda for Day 1:

- Symptoms of PTSD and the theory underlying CPT
- Research outcomes from CPT treatment trials
- Overview of CPT manual and forms
- Pretreatment issues, recommended assessment measures, and structuring sessions
- Review of sessions 1-3

Agenda for Day 2:

- Review of sessions 4-12
- CPT with Written Accounts
- Common challenges and strategies for overcoming them

Participants will learn:

- The theory underlying CPT
- The evidence base that supports the use of CPT in treating PTSD and its common comorbidities
- Recommended assessment strategies to determine clients appropriate for CPT and to monitor outcomes
- The session-by-session CPT protocol
- Common challenges to implementing CPT (e.g., client adherence, managing comorbidities) and strategies for overcoming them

WORKSHOP REGISTRATION

Click [HERE](#) to register

Registration Fees:

Professional, Early Bird (till Sep 9, 2024)	*Cdn \$549.00
Professional, Regular	Cdn \$599.00
PostDoc/MD Resident (till Sep 9, 2024)	Cdn \$349.00
PostDoc/MD Resident, Regular	Cdn \$399.00
Student (till Sep 9, 2024)	Cdn \$249.00
Student, Regular**	Cdn \$299.00

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

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

Registration fee includes the 2-day training, PDF of handout materials, patient workbooks, and helpful CPT resources.

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

Cancellation Policy: Refunds are subject to a \$50 cancellation fee. No refunds offered after October 11, 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 a total of 12 contact hours with full attendance. Partial CE credit will not be 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.

This workshop meets the requirements toward CPT Provider status and placement on our Provider roster at <https://cpforptsd.com/cpt-provider-roster/>

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