



Cognitive Processing Therapy Workshop Training Description

Target Audience: Mental health providers who provide services for 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. Explain the diagnostic criteria for PTSD according to the DSM-5
2. Discuss current and foundational research that evaluates the empirical support for CPT as an effective treatment for posttraumatic stress disorder (PTSD).
3. Describe the cognitive theory underlying CPT.
4. Identify and describe assimilation, accommodation, and over-accommodation in the context of CPT.
5. Describe 2 principals of Socratic dialogue.
6. Demonstrate implementation of Socratic dialogue to challenge CPT patients' stuck points.
7. Select, administer, analyze, and incorporate findings of at least 2 assessment/treatment outcome measures.
8. Prepare CPT patients to utilize skills to address future goals after the completion of CPT.
9. Identify and describe at least 3 potential barriers to implementing CPT with patients.

10. Describe and implement 2 strategies to encourage CPT homework compliance.

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

Date and Time: Wednesday and Thursday, February 1-2, 2023 from 9 a.m. to 5:00 p.m. CST.

Duration: 2-day workshop

Where: Zoom

Training Cost: \$300 for eligible providers

CPT Manual

Purchase of the CPT manual is a necessary supplement to the training. The CPT manual is available online via Amazon.com: [Cognitive Processing Therapy Treatment Manual](#)

Authors: Patricia Resick, Candice Monson, and Kathleen Chard

ISBN-13: 978-1462528646

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Meet the Presenters

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



Dr. Dondanville 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.

Stefanie LoSavio, PhD, ABPP
Associate Director, CPT Trainer & Consultant



Dr. LoSavio is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio and a licensed psychologist, board certified in the Behavioral and Cognitive specialty by the American Board of Professional Psychology. Dr. LoSavio is a national CPT trainer and regularly provides consultation for research trials and training initiatives. In her research, Dr. LoSavio studies the effectiveness of interventions for PTSD and adaptations to treatments and training methods to increase the reach of evidence-based care.

Cognitive Processing Therapy 2-Day Workshop via Zoom

AGENDA

Please note Agenda time is based on **Central Standard Time Zone**

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

9:00 am – 9:15 am	Welcome and Opening Remarks
	Barriers to Learning Cognitive Processing Therapy
9:15 am – 10:15 am	Research on Cognitive Processing Therapy
10:15 am – 10:30 am	Break
10:30 am – 11:15 am	CPT Theoretical Underpinnings
11:15 am – 12:00 pm	Cognitive Processing Therapy Sessions
12:00 pm – 1:00 pm	Lunch
1:00 pm – 1:30 pm	CPT Session 1: Intro to CPT
1:30 pm – 2:00 pm	ROLE PLAY
2:00 pm – 3:00 pm	CPT Session 2: Impact Statement
3:00 pm – 3:15 pm	Break
3:15 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

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

Special Accommodations

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

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.

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.

This program is Approved by the National Association of Social Workers (Approval # 886886336-3982) for 13 continuing education contact hours.

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.

Cancellation, Substitutions, and Refunds

Registration fees, minus a \$50 service charge, will be refunded to participants who send a written cancellation via email to admin@strongstartraining.org postmarked no less than 15 days before the training. No refunds will be made thereafter. A colleague may be substituted for no extra charge if STRONG STAR Training Initiative is notified at least two business days before the training. Alternative, you may choose to reschedule to a future Learning Community with no additional cost.

For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org.