



## Monthly Webinar Series

# Use of the Trauma Account in Cognitive Processing Therapy for PTSD +A (CPT+A)

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**Target Audience:** Mental health clinicians who have already attended a foundational, two-day CPT workshop by an approved CPT trainer.

**Instructional Level:** Intermediate

**Course Description:** Presented by Gwendolyn (Wendy) Bassett, MSW, LCSW-R, this presentation will discuss Cognitive Processing Therapy (CPT) for PTSD, a brief, evidence-based cognitive behavioral therapy that treats posttraumatic stress disorder (PTSD) in individual and group settings. CPT has been found effective for PTSD related to sexual, combat, and military, as well as other civilian and childhood traumas. Recent research has shown that the therapy is effective with or without the assignment of the written trauma account. These variations in the intervention are called CPT (without the written trauma account) or CPT+A (with the trauma account). Currently, the use of the trauma account is considered optional. This webinar will provide an overview of CPT +A, when and how clinicians and clients may opt to use it, and review interventions and clinical skills to effectively utilize CPT +A.

More specifically, this presentation will:

- Describe CPT +A and how it is different and similar to CPT
- Describe how and when clinicians and clients may opt to use CPT vs. CPT +A
- Describe purpose of the trauma account
- Describe the specific sessions and interventions used in CPT+A for processing the trauma account
- Review important clinical techniques for working with avoidance, strong emotions, and assimilated stuck points when doing CPT+A

### Learning Objectives:

At the end of this course, participants will be able to:

1. Identify 3 reasons why clinicians and clients may opt to do CPT +A.

2. Identify 3 alterations in the therapy when doing CPT +A.
3. Identify 3 clinical techniques and interventions to facilitate +A.

**Date and Time:** Thursday, November 4 at 1 pm CST/ 2 pm EST

**Duration:** 1-hour

**Where:** Zoom (*closed captioning available*)

**Cost:** There is no additional cost to attend this course for providers who are already enrolled in the STRONG STAR Training Initiative.

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## Meet the Presenter

### ***Gwendolyn Bassett, MSW, LCSW-R***



**Gwendolyn (Wendy) Bassett, MSW, LCSW-R**, is a psychotherapist with a private practice in New York City. She specializes in working with men and women who seek recovery from the aftereffects of trauma. Wendy has expertise with posttraumatic stress disorder (PTSD); brief, evidence-based cognitive behavioral therapies for PTSD with individuals, groups, and couples; and veteran post-deployment mental health. In addition to her clinical work, Wendy is a Cognitive Processing Therapy (CPT) for PTSD trainer and consultant. For more than a decade, she worked with veterans with PTSD at VA Connecticut Healthcare System in West Haven, CT. A graduate of Smith College School for Social Work, she is an Assistant Clinical Professor of Psychiatry, Yale School of Medicine, and an Adjunct Assistant Professor at NYS Silver School for Social Work.

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## Special Accommodations

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

## Location Information

This course will be held live via Zoom on **Thursday, November 4, 2021 at 1:00 pm CST/ 2:00 pm EST**. The webinar will be recorded and uploaded to the STRONG STAR Training Initiative Provider Portal at <https://www.strongstartraining.org/providers/>.

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## Continuing Education

The STRONG STAR Training Initiative offers attendees 1 Continuing Education (CE) Credit for participation in this 1-hour course. Participants who attend are eligible to receive 1 CE Credit. To obtain CE Credit, 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](mailto: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.

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.