



## Cognitive Processing Therapy Workshop Training Description

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**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:** October 2-3, 2024 from 9 a.m. to 5:00 p.m. CST.

**Duration:** 2-day workshop

**Where:** Zoom

**Training Cost:** \$350 for eligible providers

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## CPT Manual

Purchase of the **new Second Edition CPT manual** is a necessary supplement to the training.

The CPT manual is available online via Amazon.com: [Cognitive Processing Therapy Treatment Manual \(Second Edition\)](#)

Authors: Patricia Resick, Candice Monson, and Kathleen Chard

ISBN-13: 978-1462554270 ISBN-10: 146255427X

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# Meet the Presenters

Katy Dondanville, PsyD, ABPP  
Program Director



**Katy Dondanville, PsyD, ABPP**, is an Associate Professor within the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio 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 Program Director for the STRONG STAR Training Initiative which is a grant funded implementation and dissemination program for evidence-based psychological treatments. Since 2017, the Training Initiative has trained more than 1500 mental health providers, in almost 500 organizations, across 36 states, Canada, and England disseminating evidence-based treatments to thousands of individuals with PTSD, suicide, insomnia, and nightmares. She has consulted with

numerous community organizations and clinicians regarding the successful implementation of evidence-based treatments. Dr. Dondanville's research focus is on improving access to and the delivery of evidence-based treatments.

*Dr. Dondanville has no conflicts of interest.*

Stefanie LoSavio, PhD, ABPP  
Director of Research and Innovation



**Stefanie T. LoSavio, PhD, ABPP** 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 specializes in evidence-based treatments for posttraumatic stress disorder (PTSD), including cognitive processing therapy (CPT), prolonged exposure (PE), and written exposure therapy (WET). She is a national CPT trainer and regularly provides consultation for research trials and training initiatives. Dr. LoSavio has also served as an implementation consultant, providing organizational consultation to sites working to integrate evidence-based, trauma-focused treatment into their

clinical settings. 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.

*Dr. LoSavio has no conflicts of interest.*

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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 workshop so that we may provide you with appropriate service.

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## 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](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.

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## 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](mailto: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](mailto:admin@strongstartraining.org).*

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# AGENDA

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

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

<b>9:00 am – 9:15 am</b>	<b>Welcome and Opening Remarks</b>
	Barriers to Learning Cognitive Processing Therapy
9:15 am – 10:15 am	Research on Cognitive Processing Therapy
<b>10:15 am – 10:30 am</b>	<b>Break</b>
10:30 am – 11:15 pm	CPT Theoretical Underpinnings
11:15 pm – 12:00 pm	Cognitive Processing Therapy Sessions
<b>12:00 pm – 1:00 pm</b>	<b>Lunch</b>
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
<b>3:00 pm – 3:15 pm</b>	<b>Break</b>
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

<b>9:00 am – 10:15 am</b>	<b>Overnight Reflections</b>
	CPT Session 4: Challenging Assimilation Responsibility and Blame
<b>10:15 am – 10:30 am</b>	<b>Break</b>
10:30 am – 11:00 am	CPT Session 5: Challenging Questions
11:00 am – 12:00 pm	ROLE PLAY CPT

<b>12:00 pm – 1:00 pm</b>	<b>Lunch</b>
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
<b>3:00 pm – 3:15 pm</b>	<b>Break</b>
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

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