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Cognitive Processing Therapy for PTSD and PTSD/Depression for Adults

Presented by

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Monday & Tuesday, October 21-22, 2019
8:30 am – 4:30 pm

2100 Building
2100 24th Ave South
Seattle, WA 98144

Cognitive Processing Therapy (CPT) is an evidence-based cognitive-behavioral therapy for PTSD and related conditions that can be used with individuals or groups. Multiple randomized clinical trials have found significant effects for CPT in reduction of PTSD symptoms across trauma-exposed populations. CPT lasts for 12-15 sessions and involves psychoeducation; optional written account of the traumatic event; examining patients' interpretations of traumatic events; and cognitive restructuring of their beliefs that have been disrupted by traumatic events.

TRAINING COMPONENTS:

Part I: October 21-22, 2019. Core Clinical Training

For mental health therapists and behavioral health clinicians who provide therapy to adult victims of trauma and who will have active cases to present for the telephone case consultations

- CPT manual, including appendix with therapy tools
- CEU's available

Part II: Telephone Clinical Consultation

Two options are offered. Option I: Twice monthly for 6 months (12 calls)

Option II: Twice monthly for 10 months (20 calls)

- 60 minute telephone consultations with a CPT expert
- Present two active cases, which will include brief background information, standardized measures scores, sample worksheets, and demonstration of how you are applying CPT
- A certificate of completion will be granted to those who participate in at least 9 consultation calls
- CPT Provider Status is possible for those who choose Option II and complete 20 consultation calls. Additional criteria must also be met to achieve Provider Status. For details, please see <https://cptforptsd.com/achieving-provider-status/>

**PLEASE DO NOT SIGN UP FOR THIS TRAINING IF YOU CAN NOT
COMMIT TO THE CONSULTATION CALLS**

IF YOU WANT TO ATTEND THIS TRAINING:

- Participation in both the training and consultation is **required**.
- All participants must complete the on-line registration form.

Cost:

- **Option I: \$700.00 (includes training and 12 consult calls) or**
- **Option II: \$875.00 (includes training and 20 consult calls)**