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MASSACHUSETTS GENERAL HOSPITAL PROGRAM



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Cognitive Processing Therapy Workshop

Workshop Description

Target Audience: Target Audience: Mental health providers

Instructional Level: Introductory

Course Description: The Home Base Program offers a 2-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 Socratic dialogue implementation 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 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: Thursday, September 25th and Friday, September 26th, 9-5pm EST

Duration: 2-day workshop

Where: Home Base Program, Charlestown, MA

Training Cost: No cost



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CPT Manual

The CPT manual is a necessary supplement for use during the training.

It is available for purchase from Guilford Press.

[Cognitive Processing Therapy for PTSD Second Edition A Comprehensive Therapist Manual](#)

Authors: **Resick, Monson, Chard** | ISBN: 9781462554270 | ISBN: 9781462554300

Meet the Presenters

Lauren Richards-Donegan, PhD, Director of Education, CPT Trainer & Consultant



Lauren Richards-Donegan, PhD is a clinical psychologist at Home Base. Dr. Richards's clinical interests include the treatment of PTSD and related anxiety and mood disorders. She provides individual treatment to post 9/11 veterans struggling with a range of invisible wounds of war. In addition, she provides group therapy within Home Base's Intensive Clinical Program (ICP), a two-week treatment program that serves Veterans and their Families across the country. She has received training in both Cognitive Processing Therapy and Prolonged Exposure Therapy for PTSD. Dr. Richards's research interests involve disseminating empirically supported treatments to

community health care providers to improve psychological care for Veterans. She has authored book chapters and peer reviewed journal articles related to increasing understanding of barriers to mental health treatment faced by veterans and enhancing community clinician access to training for empirically supported treatments.

Louis Chow, PhD, Senior Director, Home Base Training Institute & Network Development, CPT Trainer and Consultant



Dr. Louis Chow is a licensed clinical psychologist and provides evidence-based treatments for Service Members with Post Traumatic Stress Disorder (PTSD) and other invisible wounds of war. He is trained in several evidence-based treatment for PTSD, and is a certified trainer and consultant for Cognitive Processing Therapy for PTSD. Prior to joining Home Base, Dr. Chow was a PTSD Post-Doctoral Fellow at the VA Boston where he worked at the PTSD clinic and was a member of the Women's Stress Disorder Treatment Team. He was educated at Georgia State University where he obtained both his Masters and PhD in Clinical Psychology.



Cognitive Processing Therapy 2-Day Workshop AGENDA

Please note Agenda time is based on Eastern Standard Time Zone

Day 1: Efficacy, Overview, and Sessions 1-4

9:00 am – 12:30 pm	Welcome and General Overview
	CPT Overview Therapy Outcomes Break
	Symptoms of PTSD and Theory Underlying CPT & Pretreatment/Assessment
12:30 pm – 3:30 pm	Session 1 Lunch Session 2
	Structuring Sessions Symptoms and Rationale Types of Emotions
	Selecting Index Trauma Stuck Points Treatment Overview Impact Statement
	Read & Process the Impact Statement Introduce ABC Worksheet Break
3:30 pm – 5:00 pm	Session 3 Session 4
	Review ABC Worksheets (3) Socratic Questioning Introduction Role Play ABC
	Reassign ABC Worksheets (4) Socratic Dialogue Principles Role Play ABC
	Out-of-Training Practice for Day Two: ABC Worksheet
5:00 pm	Adjourn for the Day

Day 2: Efficacy, Overview, and Sessions 4-12

9:00 am – 12:30 pm	Review Practice Day 1 Recap Session 4 (continued) Session 5
	Assign Challenging Worksheet (4) Review Challenging Questions Worksheet (5)
	Roleplay CQW Assign Patterns of Problematic Thinking Worksheet
12:30 pm – 3:30 pm	Session 6 Session 7 Lunch Session 7 (continued)
	Review Patterns of Problematic Thinking Worksheet Assign CB Worksheet
	Review CBW Introduce Safety Model Assign CBW and Safety Module
2:00 pm – 3:45 pm	Session 8 Session 9 Session 10 Session 11 Session 12 Break
	Safety Trust Power & Control New Assignments Compliments Pleasant Events
	Esteem Intimacy Final Impact Statement Review and Goals
3:45 pm – 5:00 pm	CPTA with Written Accounts (CPT+A) Consultation Requirements Q&A
	Overview Factors that Influence the Choice Rational for Trauma Processing Session Differences Consultation Requirements Q&A Comments Adjourn



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Special Accommodations

If you require special accommodations due to a disability, please contact the Home Base Clinical Education and Training Program Manager, Lauren Rockoff, at lrockoff1@mgh.harvard.edu one week prior to the workshop so that we may provide you with appropriate service.

Continuing Education

The Home Base Program 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 lrockoff1@mgh.harvard.edu.

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 Red Sox Foundation and Massachusetts General Hospital Home Base Program is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Home Base Program maintains responsibility for this program and its content.

For additional information, please contact the Home Base Program at
lrockoff1@mgh.harvard.edu

There is no known commercial support for this program.