PSYCHARMOR™ Institute

Continuing Education Information:
Cognitive Processing Therapy (CPT)

Course Description

Cognitive Processing Therapy (CPT), one of the most well-researched cognitive-based approaches to treating PTSD, has a primary focus on challenging and modifying maladaptive beliefs related to the trauma, but also includes a written exposure component. CPT has been used with great success in multiple patient populations, including Veterans. Decades of research with well-designed randomized controlled trials have proven its effectiveness in treating PTSD. CPT is a protocol-based treatment, and is typically completed in twelve sessions. This engaging online training presented by experts at the Center for Deployment Psychology takes mental health providers through background, theory, rationale, and session-by-session instruction in preparation to use CPT in clinical practice.

Subject Areas

Mental Health, PTSD, Military Populations

Format

Web-Based Training, Self-Study (Online)

Credit

9.5 Continuing Education Credits/9.5 Clock Hours

Course Cost

The course is free to take; however, there will be an administrative certificate processing fee.

Program Release Date

May 18, 2018

Instructor Biography

Professional experience and education for each of our trainers is located on the PsychArmor Learning Management System online. Please visit https://psycharmor.org/trainers/ for more information.

Place

PsychArmor Learning Management System Online

Target Audience

This course is intended for social workers, psychologists, marriage and family therapists, counselors and other mental health professionals working with Service members and Veterans.

Course Level

Advanced

Outcomes/Objectives

Following completion of this educational activity, learners should be able to:

1. Describe symptoms of PTSD through the lens of CPT theory.
2. Identify empirical evidence of CPT's effectiveness in reducing PTSD.
3. Identify co-morbid psychological disorders, personality, and environmental factors.
4. Describe methods of assessing CPT treatment effectiveness.
5. Demonstrate the CPT standard protocol with individual patients diagnosed with PTSD.
6. Describe CPT practice assignments and rationale.
7. Discuss the role of avoidance in CPT.
8. Describe two primary types of emotions.
9. Utilize a structured treatment protocol.
10. Define the goals of treatment.
11. Assess treatment compliance.
12. Identify and understand the concept of stuck points.
13. Interpret the concepts behind the five themes.
14. Demonstrate the use of Socratic Dialogue.

Registration/Participation in Activity Procedures

1. Length of course: 8 hours, 30 minutes (plus 1 hour quiz)
2. Review program schedule
3. Register for course on PsychArmor's learning management system
4. Attend and participate in 100% of program activity and evaluation

Statement of Participation

A certificate of completion will be awarded to participants and accreditation records will be on file at PsychArmor. In order to receive a certificate of completion from PsychArmor, you must register in PsychArmor's learning management system, attend 100% of the program, complete the quiz, and the evaluation. Learners must achieve a score of 80% or higher to receive credit. After 10 attempts, learners are required to retake the course. The certificate is received electronically from PsychArmor's learning management system, and can also be accessed through the learner's transcript. To inquire about CEs contact support@psycharmor.org and provide your name, email, and license number.

Report Training

It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to their locally prescribed process.

Program Schedule

- CPT 01: Intro to CPT
- CPT 02: Efficacy Studies
- CPT 03: PTSD Symptoms and Tx Progression
- CPT 04: Theories of Treatment of PTSD
- CPT 05: Overview of CPT
- CPT 06: Phase 1: Pre-treatment Considerations
- CPT 07: Phase 2, Session 1
- CPT 08: Session 2
- CPT 09: Session 3
- CPT 10: Phase 3, Session 4: Processing the Trauma
- CPT 11: Socratic Dialogue
- CPT 12: Session 4: Second Account
- CPT 13: Phase 4, Session 6: Learning to Challenge
- CPT 14: Session 7
- CPT 15: Phase 5, Sessions 8-11: Trauma Themes
- CPT 16: Phase 6, Session 12: Facing the Future
- CPT 17: Case Consultation

Instructor Credentials

Andrew Santanello, Psy.D.
Laura Copland, MA, LCMHC
Carin Lefkowitz, Psy.D.

Accommodations/Grievance

View PsychArmor's Disclosure Statement, Grievance Policy & Accommodations here or contact support@psycharmor.org.

Accreditations

PsychArmor is approved by the California Association of Marriage and Family Therapists to sponsor continuing education hours for LMFTs, LCSWs, and/or LEPs. PsychArmor maintains responsibility for the program/course and its content. Courses meet the qualifications for 1 hour of continuing education credit (please not some courses offer 1.25 CE hours) for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

PsychArmor is approved by the American Psychological Association to sponsor continual education for psychologists. PsychArmor maintains responsibility for this program and its content.

PsychArmor has been approved by the NBCC as an Approved Continuing Education Provider ACEP No. 6772. Programs that do not qualify for NBCC credit are clearly identified. PsychArmor is solely responsible for all aspects of the programs.