

Cognitive Processing Therapy:

An Evidence-based Treatment for PTSD

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Location: Roberts Room, Scholes Hall
Date: Tuesday & Wednesday, July 24 and 25, 2018
Time: 8:30 AM to 4:30 PM

The purpose of this training is to provide participants with knowledge and skills to implement cognitive processing therapy (CPT), an evidence-based cognitive behavioral therapy for post-traumatic stress disorder (PTSD). The target audience for this training is mental health clinicians who regularly provide psychotherapy to individuals with PTSD, including veterans. This training includes the presentation of materials (including the evidence-base for CPT for PTSD), session-by-session review of the protocol, and examples of select session components. Additionally, attendees are expected to participate in role-plays to practice implementing the CPT protocol. It is highly recommended that attendees have the CPT book (entitled *Cognitive Processing Therapy for PTSD* by Drs. Resick, Monson, & Chard) prior to the training.

Learning Objectives:

1. Describe PTSD symptoms and theory underlying CPT.
2. List pre-treatment issues and recommended assessment measures.
3. Demonstrate knowledge and skills required to implement CPT, an evidence-based psychotherapy for PTSD.
4. Describe the differences between CPT and CPT+A.
5. Describe empirical support for CPT for PTSD
6. Learn inclusion and exclusion criteria for CPT.
7. Articulate the definition of stuck points and name examples that are common in PTSD.



The New Mexico VA Health Care System/Southwest Consortium Doctoral Internship in Health Service Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The NMHVAHCS/Southwest Consortium maintains responsibility for this program and its content.

13 hours of Continuing Education Credit will be provided. This session is free of cost to the attendee. There is no known commercial support for this program. Participants must attend both days in order to be eligible for CE credits.

If you have any questions or concerns, please contact:

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