



Cognitive Processing Therapy (CPT) for Post Traumatic Stress Disorder.

Two days of training in evidence-based, manualised therapy for complex PTSD.

CPT is a cognitive-behavioural treatment for Post Traumatic Stress Disorder (PTSD). It was developed in the late 1980s and has been shown to be effective in reducing PTSD symptoms related to a variety of traumatic events including child abuse, combat, rape and natural disasters. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defence, as well as the International Society of Traumatic Stress Studies, as a best practice for the treatment of PTSD.

This two-day workshop aims at developing skills in delivering, CPT an evidenced based therapy. It will use video clips of expert demonstrations.

You will be provided with a comprehensive manual and client handouts.

Content includes; theory, video demonstration, skills rehearsal/role plays, managing potential difficulties, managing comorbidity, treating prolonged and repeated exposure to trauma, complex cases.

The comprehensive manual along with a full set of client handouts for clinical use will be included in hard and soft copy.

Learning objectives of this training:

1. Implement CPT therapy using the provided manual.
2. Outline the theory behind CPT and understand how this varies from other trauma therapies.
3. Know what co-morbidities and complex presentations CPT can be used with and how.
4. Have a knowledge of the evidence base that support CPT.
5. Participants will be offered an opportunity to engage Dr Finch's services in ongoing supervision of CPT work with clients.



Dr Jon Finch is an experienced clinical psychologist and member of the Australian Psychological Society. Jon initially worked with soldiers, war veterans, and peace keepers at Veteran and Veterans Families Counselling Service, in the role of counsellor and deputy director. He has also held a senior role managing a state wide trauma response team for Davidson Trahaire Corpsych.

Later, he moved on to work with police members at Victoria police as the senior psychologist. He has since developed a private practice and has specialised in treating people with complex trauma histories and specifically Post Traumatic Stress Disorder (PTSD). He has worked with people exposed to a wide range of traumatic events, victims of assault, sexual assault, childhood sexual assault, domestic violence, and those involved in motor vehicle accidents.

He has used CPT for PTSD for the past 8 years. In 2014 he completed training in the USA with the Authors of the CPT manual to deliver training to other clinicians.

This training may qualify for Focused Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 30 CPD points.



AASW: Members can accrue 15 CPD hours.



ACWA: Members can accrue 15 CPD hours.

PACFA: Members can accrue 15 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 15 active hours.

DAY 1

Morning Session

Introduction/agenda.
CPT therapy outcomes.
Symptoms of PTSD.
Theory underlying CPT.
Review of CPT Manual & Forms.
Pre-treatment Assessment and managing complexities.

DAY 2

Re-orientation and agenda for the day.
Session 4 - First Written Account. What to do if a client didn't do the account or account is incomplete. Goals of reading the account.
Role-play. Video
Session 5 - The Second Written Account.
Assignment of Challenging Questions Worksheet.
Session 6 - Review of Challenging Questions Worksheet. Role-Play Activity: Processing of Challenging Questions Worksheet. Video.
Session 7 - Review of Patterns of Problematic Thinking Worksheets. Introduction of the Challenging Belief Worksheet (CBW).
Participants complete a CBW. Role-play completion of CBW. Video.

Afternoon Session

Session 1 - Structuring sessions. Symptoms and Rationale. Types of emotions. Selecting the Worst Trauma. Stuck Points Hand out. Overview of treatment. Assigning Impact Statement. Video clip re theory.
Session 2 - Reading and processing the impact statement. Introducing the ABC worksheets. Participants fill out ABC worksheets. Video
Session 3 - Reviewing ABC worksheets. Introducing Socratic questioning. Role-Playing Processing ABC worksheets. Assignment of the Written Account.
CPT-C (Without Written Account).
Participant practice for day two ABC worksheet.

Session 8 – Safety.
Session 9 – Trust.
Session 10 - Power and Control.
New assignment to give and receive compliments and pleasant event scheduling. Video.
Session 11 – Esteem.
Session 12 - (1) Intimacy.
(2) Final Impact statement.
(3) Review and Goals.
Video.
Evaluation and closing.

“Trauma presentations can be difficult for clinicians to deal with. CPT provides an excellent framework to deal with these presentations and is supported by extensive research.” Dr Jon Finch

How will you benefit from attending this training?

- You will be able to implement an evidenced based therapy for complex trauma presentations of PTSD.
- You will have learnt or further developed transferable cognitive therapy skills.
- You will have increased your knowledge in regard to PTSD and treatments.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.

Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Psychologists, Social Workers, Mental Health Nurses and Psychiatrists.

Feedback form Jon's recent presentations

“An excellent workshop that has not only taught me many new skills but has consolidated & strengthened existing skills. The use of the manual (and provision of it!!) was fantastic and followed a clear structure. I also loved the chocolates and other special touches from PDP over the two days. Just wonderful, thank you!”

“This training was excellent – not too fast event though there was a lot of content. It is very applicable to implement in my practice and I highly recommend it to other clinicians.”

“Thank you, best PD I have attended in a very long time. A very good blend of theory and practical skills.”

“Great content, notes, manual, videos, Q and A, role-plays (challenging and informing), venue, food – all great. Thanks Jon & PDP.”

“This seminar was incredible. The therapy was relevant to my current practice and plan to begin using it immediately. There was a lot of supporting evidence and it was presented in a way that allowed easy application with clients.”

“Excellent workshop – choice of venue, great food and coffee – spot on. Well done!”

“Really enjoyed videos, role-plays and use of the manual in such a structured way. Looking forward to using CPT for PTSD in my practice.”

“Extremely useful and helpful – added to knowledge and skills base. Lots of information to digest but given in a digestible way.”

“Fantastic – so glad I did this – well worth it.”