

THE INSTITUTE FOR BETTER HEALTH
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

COGNITIVE BEHAVIOR THERAPY FOR TRAUMA WORKSHOP

JULY 13-15, 2020 * Virtual Workshop (Live Webinar) * 18 CE/CME

Overall Objectives:

At the conclusion of the workshop, participants will be able to:

1. Describe the rationale for CBT treatment for PTSD
2. Use the CBT model to conceptualize clients with PTSD
3. Describe ways to educate clients about helpful and non-helpful activities
4. Develop individualized treatment plans for clients with PTSD
5. Differentiate between normal and maladaptive response to trauma
6. Identify how to help clients develop a narrative of their traumatic event
7. Identify and evaluate maladaptive beliefs associated with prolonged trauma.
8. Explain the importance of timing in treating trauma
9. Create hierarchies in preparation for imagery and in-vivo exposure
10. Use cognitive restructuring to modify maladaptive beliefs
11. List how to support clients with suicidal tendencies
12. Assess and develop plans for co-morbid conditions.

Rationale for CBT Treatment for PTSD

Stefanie LoSavio, PhD

CBT Model and Case Conceptualization for PTSD

Stefanie LoSavio, PhD

Motivation through Therapeutic Relationship

Stefanie LoSavio, PhD

Aspirations and Goal Setting

Stefanie LoSavio, PhD

Orienting Clients to CPT Treatment and how to provide psychoeducation

Stefanie LoSavio, PhD

Capturing a Detailed Account of Trauma event

Stefanie LoSavio, PhD

Evaluate Cognitive Distortions: focus on Safety, Trust, Power

Stefanie LoSavio, PhD

Orienting Clients to Prolonged Exposure

Stefanie LoSavio, PhD

Building Hierarchies

Stefanie LoSavio, PhD

Application of Prolonged Exposure

Stefanie LoSavio, PhD

Co-Morbid Conditions

Stefanie LoSavio, PhD

Assessment and Prevention of Suicide

Stefanie LoSavio, PhD

References:

- Eftekhari A, Ruzek JI, Crowley JJ, Rosen CS, Greenbaum MA, Karlin BE. (2013) Effectiveness of National Implementation of Prolonged Exposure Therapy in Veterans Affairs Care. *JAMA Psychiatry*. 70(9):949–955.
- Foa EB, Yusko DA, McLean CP, Suvak MK, Bux DA, Oslin D, O'Brien CP, Imms P, Riggs DS, Volpicelli J. (2013) Concurrent Naltrexone and Prolonged Exposure Therapy for Patients With Comorbid Alcohol Dependence and PTSDA Randomized Clinical Trial. *JAMA*. 310(5):488–495.
- van den Berg DPG, de Bont PAJM, van der Vleugel BM, de Roos C, de Jongh A, Van Minnen A, van der Gaag M. (2015) Prolonged Exposure vs Eye Movement Desensitization and Reprocessing vs Waiting List for Posttraumatic Stress Disorder in Patients With a Psychotic Disorder A Randomized Clinical Trial. *JAMA Psychiatry*. 72(3):259–267.

CE/CME Information- 18 CE/CME Hours

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There was no commercial support for this activity.

Judith Beck, Ph.D., has no relevant financial relationships.

Aaron Beck, M.D., has no relevant financial relationships.

Stefanie LoSavio, PhD, has no relevant financial relationships.