

Alameda County Behavioral Health and Mind Matters are pleased to offer this **FREE** training:

# Trauma Focused Cognitive Behavior Therapy (CBT) Training

January 21, 2022 (Fri.) - 9:00am – 4:00pm

Location: Online via **ZOOM**

(webinar link to be sent from Mind Matters' "Professional Development" email address a few days before training date)

**Audience:** This training is reserved for Alameda County Behavioral Health staff and its *contracted* Providers and *contracted* Community Based Organizations (CBOs).

**Trainer:** Dr. Christine Valdez, Ph.D is a licensed clinical psychologist in private practice with expertise in empirically supported treatments for trauma-related issues, particularly adults who have experienced interpersonal forms of trauma. In addition to clinical practice, Dr. Valdez is an Associate Professor of Clinical Psychology at California State University, Monterey, where she teaches courses in Psychopathology, Advanced Research Methods, and Service-Learning in the Community. She has published over 25 peer-reviewed articles in the area of trauma.

**Description:** Cognitive Processing Therapy is a time-limited, 12-session cognitive behavioral therapy for PTSD based on the social cognitive theory. This course will review the definition of trauma and PTSD, summarize statistics on trauma and survivor demographics to reduce implicit bias toward populations affected by trauma and provide recommendations for assessing PTSD in clinical settings. The Social Cognitive Theory of PTSD will be presented to contextualize the purpose of Cognitive Processing Therapy. Each of the 12 sessions of Cognitive Processing Therapy will be presented with case examples and experiential exercises to understand the process of Cognitive Processing Therapy from client and provider perspectives. Challenges around delivering Cognitive Processing Therapy will be discussed.

**Learning Objectives** – at the end of the training, participants will be able to:

1. Describe one theoretical framework of the mechanisms of action in Cognitive Processing Therapy for trauma/PTSD.
2. Order the topic modules of the 12-session protocol of Cognitive Processing Therapy.
3. Distinguish between adaptive and maladaptive beliefs to target in Cognitive Processing Therapy.
4. Apply four techniques to challenge maladaptive beliefs in Cognitive Processing Therapy.
5. Select one potential client appropriate for Cognitive Processing Therapy.

**To complete attendance for an ACBH sponsored virtual training, ALL participants must take and achieve a score of at least 70% on the post-test(s).**

If you have a reasonable accommodation request, or grievance regarding an ACBH training, please contact the Training Unit at [Training.Unit@acgov.org](mailto:Training.Unit@acgov.org) (510) 567-8113.



**alameda county**  
**behavioral health**  
MENTAL HEALTH & SUBSTANCE USE SERVICES

## REGISTRATION:

**Register on Survey Monkey**  
[here](#)

For registration help or other questions about this training, contact:

[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

Tel. (voicemail) 510-567-8113

When emailing, include training Date and Title in Subject Line.

## Continuing Education

**CE credit is ONLY provided for County and ACBH contracted Provider staff.**

*This course meets the qualifications for **6 hours** of continuing education credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for **Addiction Professionals** by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0622; for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040; and for **Psychologists** as an approved provider by the California Psychological Assoc., Provider No. ALA006. ACBHCS maintains responsibility for this program/course and its content.*  
**Please note: in order to receive CE credit from an ACBH sponsored virtual training it is the participant's responsibility to (1) attend the full training, (2) complete an evaluation, and (3) complete a post-test with a passing score of at least 70%.**

*CE Certificates will be sent to qualifying training participants via email within 30 days after the training.*