

ACBH Training Unit, in collaboration with Mind Matters, is pleased to offer a FREE training:

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

Monday & Wednesday February 6 & 8, 2023

10am – 3:00 pm each day

Must attend both days and complete eval and post test to earn CEs

Location: Online - webinar link will be emailed to registered participants a few days before the training

Target Audience: *Alameda County Behavioral Health staff and it's contracted provider/CBO staff.*

Trainer: Dr. Christine Valdez is a clinical psychologist with expertise in empirically supported treatments for adults who have experienced interpersonal forms of trauma. In addition to clinical practice, Dr. Valdez is an Associate Professor of Clinical Psychology at Cal State University - Monterey, where she teaches Psychopathology, Advanced Research Methods, and Service-Learning in the Community.

Description: This course will review the definition of trauma and PTSD, summarize statistics on trauma and survivor demographics to reduce implicit bias and provide recommendations for assessing PTSD. The Social Cognitive Theory of PTSD will be presented to contextualize the purpose of Cognitive Processing Therapy. 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. Be able to list the 12-module protocol for Cognitive Processing Therapy, in sequence.
3. Distinguish between adaptive and maladaptive beliefs to be targeted in Cognitive Processing Therapy.
4. Apply four techniques that challenge maladaptive beliefs in Cognitive Processing Therapy.
5. Select one potential client appropriate for Cognitive Processing Therapy.

Accommodations or Grievance? For disability or reasonable accommodation requests, or a grievance about an ACBH training, please contact the Training Unit at training.unit@acgov.org. Please make accommodation requests a minimum of five (5) business days prior to training in order to allow time to make the arrangements.

REGISTRATION

please click:

https://www.surveymonkey.com/r/REGfeb6and8_2023_CPTtraining

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

Training.Unit@acgov.org

Ph: 510-567-8113

Please include training Date and Title in Subject Line.

Continuing Education (CE)

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

*This course meets the qualifications for 6 hours of CE credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) 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-04-604-0624; for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040.*

ACBH maintains responsibility for this program/course and its content.

Please note: in order to receive CE credit from an ACBH virtual training it is the participant's responsibility to (1) attend the full training (2) fill in an evaluation, and (3) complete a post-test with a passing score of at least 70%.

CE Certificates will be emailed to qualifying training participants within 30 days after the training.

