

PRESENTERS



**Candice Monson,
PhD, C.Psych.**

Dr. Monson is Professor of Psychology at Ryerson University. She is one of the foremost experts on traumatic stress and the use of individual and conjoint therapies for PTSD. Dr. Monson has received numerous awards for her clinical, teaching, and research contributions, including Fellow status in the Canadian and American Psychological Associations and Association of Behavioral and Cognitive Therapies, and induction into the Royal Society of Canada. Dr. Monson has co-authored 7 books, including the treatment manuals *Cognitive Processing Therapy: A Comprehensive Manual* and *Cognitive-Behavioral Conjoint Therapy for PTSD*. Dr. Monson is well-known for her clinical training and dissemination efforts.



**Philippe Shnaider,
PhD, C.Psych.**

Dr. Shnaider is a Clinical Psychologist in private practice and an Assistant Professor (PT) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. He previously managed and worked as a Psychologist at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton. He is the co-author of *Treating PTSD with Cognitive-Behavioral Therapies: Interventions That Work*, and has published several peer reviewed publications and book chapters. His research focuses on examining individual, couple, and group cognitive behavioural therapies for anxiety- and trauma-related disorders. Dr. Shnaider is actively involved in efforts to train clinicians in evidence-based interventions for PTSD.

Dr. Candice Monson and the CPT Training Team are pleased to present two online CPT workshops, a **2-day Foundational Training** and a **1-day Group Training**, for healthcare practitioners and trainees in psychology, social work, nursing, counselling, medicine, and related fields.

The workshops will be hosted live via Zoom with the ability to ask real-time interactive questions of the presenters.

Workshop

Cognitive Processing Therapy

Evidence-Based Treatment for PTSD

WORKSHOP OVERVIEW

About 10% of North Americans are diagnosed with PTSD in their lifetime, and most will have comorbid conditions (e.g., depression, substance use, dissociation). Fortunately, effective psychotherapies exist for treating these conditions. Cognitive Processing Therapy (CPT) is a recommended first-line therapy in current treatment guidelines world-wide. There are 4 primary targets in CPT: 1) psychoeducation about PTSD from a cognitive perspective; 2) cognitive-behavioural self-monitoring; 3) cognitive interventions specific to trauma appraisals; 4) cognitive interventions aimed at overgeneralized beliefs emanating from traumatization.

This workshop serves as a foundational training in CPT, highlighting the most recent research and changes in the protocol with the recent publication of the comprehensive manual (Resick, Monson, & Chard, 2017). Participants will receive instruction in the theoretical underpinnings of CPT to facilitate individual case conceptualization, session-by-session review of the protocol, demonstrations with video-recorded materials from actual cases, personal experience with the therapy materials through role-plays, and discussion of common problems encountered.

Mon-Tue, September 13-14, 2021

(2-day Foundational Training)

Wed, September 22, 2021

(1-day optional Group Training)

10:00am – 5:45pm **Eastern**
with one-hour lunch and
three 15-minute breaks

**These trainings will
be held online via Zoom**
(links to be provided
prior to workshop)

Agenda for Day 1 (Sep 13/2021):

- Symptoms of PTSD and the theory underlying CPT
- Research outcomes from CPT treatment trials
- Overview of CPT manual and forms
- Pretreatment issues, recommended assessment measures, and structuring sessions
- Review of sessions 1-3

Agenda for Day 2 (Sep 14/2021):

- Review of sessions 4-12
- CPT with Written Accounts
- Common challenges and strategies for overcoming them

Agenda for Group Training (Sep 22/2021):

- Research on Group CPT
- Preparing for Group CPT
- Group delivery of CPT (Sessions 1-12) including aftercare
- Common challenges and errors in Group delivery of CPT

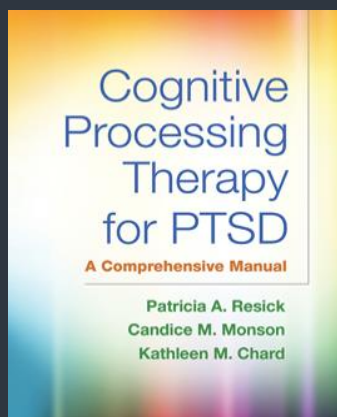
Participants will learn:

- The theory underlying CPT
- The evidence base that supports the use of CPT in treating PTSD and its common comorbidities
- Recommended assessment strategies to determine clients

Learning objectives cont'd:

- appropriate for CPT and to monitor outcomes
- The session-by-session CPT protocol
- Common challenges to implementing CPT (e.g., client adherence, managing comorbidities) and strategies for overcoming them
- For Group: learn about the evidence supporting the use of group CPT; discuss how the session-by-session protocol is applied to group delivery; learn how to apply Socratic questions in Group; identify common challenges and ways to address

COURSE MATERIAL



Participants are encouraged to read the newest version of the CPT manual prior to the workshop, available at Guilford Press here:

<https://tinyurl.com/CPTmanual>

POST-WORKSHOP CONSULTATION:

Opportunities for additional learning via post-workshop consultation will be discussed during the training, including information related to achieving CPT Provider status.

WORKSHOP REGISTRATION

Click URL to register:

<https://candicemonson.com/collections/workshops>

Registration Fees:

2-day (Sep 13-14) Foundational Training:

Professional, Early Bird (to Aug 20, 2021)	Cdn \$549+tax*
Professional, Regular	Cdn \$599+tax
MD Resident/Postdoc	Cdn \$399+tax
Student (valid ID required**)	Cdn \$299+tax

1-day (Sep 22) Group Training***:

Professional, Regular	Cdn \$299+tax
Student/Postdoc (valid ID required**)	Cdn \$199+tax

*GST/HST to be charged where applicable.

**Email (training@candicemonson.com) or fax (1-866-344-1410) a copy of your Student ID upon registration.

***If you will not be attending the 2-day foundational portion of this workshop, attendance at a prior 2-day CPT workshop is required to register for the group training day.

Registration fee includes the live online training, PDF of handout materials, and helpful CPT resources.

Payment Options: Payment accepted by credit or debit (through Shopify) with online registration.

Cancellation Policy: Refunds are subject to a \$50 cancellation fee. No refunds offered after September 13, 2021.

CE CREDITS

Candice Monson, PhD, is approved by the Canadian Psychological Association (CPA) to offer Continuing Education credits to Canadian psychologists. For US clinicians and other licensed professionals, please check with your licensing board to determine acceptability of CPA CE credits for this learning activity.

This program offers 6 CE credits per day with full attendance. Partial CE credit is not offered. Participants will be eligible to receive CEs upon successfully completing an online post-training survey/knowledge evaluation.

HARDWARE REQUIREMENTS

A stable internet connection - broadband wired or wireless (3G or 4G/LTE). Speakers and microphone (built-in or USB plug-in or wireless Bluetooth). To ensure connectivity, test meetings will be held prior to workshop. Phone-in option will be available as back-up for audio.

This workshop meets the requirements toward CPT Provider status and placement on our Provider Roster, <https://cptforptsd.com/cpt-provider-roster/>
if you have any questions
please contact us at training@candicemonson.com