

Dr. Candice Monson and the CBCT for PTSD Training Team are pleased to present a 4 half-day, online workshop for healthcare practitioners and trainees in psychology, social work, nursing, counselling, medicine and related fields.

The workshop will be hosted live via ZOOM, including 2-way video link, and the ability to ask real-time interactive questions of the presenters.

WORKSHOP

MAXIMIZING PTSD TREATMENT BY INCORPORATING SIGNIFICANT OTHERS: COGNITIVE-BEHAVIORAL CONJOINT THERAPY FOR PTSD

MONDAY-THURSDAY
OCTOBER 25 - 28, 2021

12:00 - 3:15 p.m. EDT each day

Participants in this workshop will receive specific instruction in an **OVERVIEW** evidence-based, manualized form of Cognitive-Behavioral Conjoint Therapy (CBCT) designed to improve PTSD and enhance relationship functioning. Participants will receive training in the essential cognitive behavioral interventions that improve intimate relationship problems, and how these interventions are combined with evidence-based interventions for PTSD to provide synergistic treatment outcomes. This training will deepen clinicians' abilities to conceptualize individual mental health problems within an interpersonal context and use these specific interventions to improve the individual and intimate lives of their clients. Case examples and role plays will allow participants to have hands-on experience with the interventions. Clinical considerations in the application of this CBCT to different types of couples and specific issues that might arise in the delivery of the therapy (e.g., intimate aggression, substance abuse) will be discussed.



Candice M. Monson, PhD, is Professor of Psychology at Ryerson University. She is one of the foremost experts on traumatic stress and the use of individual and conjoint psychotherapies to treat 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 induction into the Royal Society of Canada. Dr. Monson has co-authored 7 books and treatment manuals, including Cognitive Processing Therapy and Cognitive-Behavioral Conjoint Therapy for PTSD.



Philippe Schnaider, PhD, is a Clinical Psychologist in private practice and an Assistant Professor in the Department of Psychiatry and Behavioral 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 behavioral therapies for anxiety- and trauma-related disorders. Dr. Schnaider is actively involved in efforts to train clinicians in evidence-based interventions for PTSD.

SPEAKERS

Cognitive-Behavioral Conjoint Therapy for PTSD



Harnessing
the Healing Power
of Relationships

Candice M. Monson and Steffany J. Fredman

COURSE MATERIAL

To maximize your learning experience, it is recommended that you read the CBCT for PTSD manual prior to the workshop (available from Guilford Press). To receive the special discount code, visit the CBCT website at <http://www.coupletherapyforptsd.com/>

TRAINING GOALS:

- Understand the rationale for using conjoint therapy for the treatment of PTSD and its comorbidities.
- Be able to conceptualize the cognitive and behavioral mechanisms that reciprocally interact to maintain and/or aggravate PTSD and intimate relationship problems.
- Be familiar with the essential behavioral interventions that improve intimate relationship functioning.
- Have knowledge of specific method of cognitive intervention to help dyads challenge thoughts that maintain psychopathology and relationship problems.

AGENDA

DAY 1 & 2

- Research regarding PTSD and family functioning including outcomes of CBCT for PTSD
- Evidence-based assessment and review of measures
- Overview of CBCT for PTSD
- Review of Sessions 1-2 of CBCT for PTSD manual

DAY 3 & 4

- Review of Sessions 3-15 of CBCT for PTSD manual
- Common challenges and strategies for overcoming them
- Considerations related to different types of diversity and case presentations

WORKSHOP REGISTRATION

Click URL to register: www.candicemonson.com/workshops

REGISTRATION FEES:

Professional, Early Bird (to Sep 25, 2021)	Cdn \$549+tax
Professional, Regular	Cdn \$599+tax
Optional: CE Certificate	Cdn \$ 25+tax
MD Resident/Post Doc*	Cdn \$399+tax
Student*	Cdn \$299+tax

*Email valid Student ID to training@candicemonson.com or fax (1-866-344-1410) upon registration.

Registration fee includes 4 half-day training, PDF of handout materials, membership in www.coupletherapyforptsd.com community of practice, and helpful CBCT resources.

PAYMENT OPTIONS:

Payment accepted by credit card with online registration. For other methods, contact us at training@candicemonson.com

CANCELLATION POLICY:

Refunds are subject to a \$50 cancellation fee. No refunds offered after October 11, 2021.

POST-WORKSHOP CONSULTATION

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

CE CREDITS

Continuing Education credits for this training will be offered to US and Canadian licensed professionals. This program will offer a total of 12 contact hours with full attendance required on both days.

This workshop meets the requirements toward CBCT for PTSD Provider status and placement on our Provider Roster: www.coupletherapyforptsd.com/roster/

If you have any questions, please contact
training@candicemonson.com