



## **Course: cbt for ptsd: a clinician's guide**

**Address:** <https://asadis.net/en/course/mastering-cbt-for-ptsd-a-clinicians-guide/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### **Overview:**

Considering the high lifetime prevalence of Post-Traumatic Stress Disorder (PTSD) and its profound impact on psychological well-being, as well as its implications for health, social, economic and overall quality of life, it is important for mental health professionals to have a comprehensive understanding of how to assess and treat trauma. Cognitive-Behavioural Therapy (CBT) is an evidence-based treatment approach with the potential to transform a chronic condition, often associated with poor long-term psychosocial outcomes, into a condition that can significantly improve within a few months.

This hands-on workshop is designed to equip participants with the skills to assess, conceptualize and plan an individualized treatment for clients presenting with PTSD. A number of CBT interventions will be presented to assist clients in addressing safety and stabilization concerns, managing distressing emotions and physical sensations, identifying and modifying unhelpful beliefs, processing traumatic memories, and reducing avoidance of trauma-related stimuli. Additionally, we will discuss how to assess and clinically approach co-morbid conditions such as substance use, depression, and suicidal ideation. This workshop will go over how to deliver each treatment component, from the initial assessment to the implementation of strategies for termination and relapse prevention. By the end of this training, you will have the necessary tools to reduce the impact that trauma has on the lives of your clients.

### **Learning objectives:**

1. Conduct a thorough assessment for PTSD and co-morbid conditions
2. Formulate a CBT case conceptualization for PTSD and develop an individualized treatment plan

### 3. Implement each advanced CBT treatment component for PTSD

#### **Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

#### **The expert, Dr. Deborah Schwartzman**

Dr. Deborah Schwartzman is an experienced psychologist who provides clinical services to a wide variety of clients and patients. She however specializes in providing support and treatment for individuals struggling with post-traumatic stress disorder, anxiety disorders, and mood disorders. She has extensive research and clinical experience in Cognitive Behavioural Therapy (CBT), a well-established and evidence-based approach. In addition to her clinical work, Dr. Schwartzman provides clinical training and supervision to graduate students and interns as well as mental health professionals.

#### **Syllabus**

PowerPoint

##### Introduction to trauma & PTSD

Introduction

What is Trauma

Vulnerability factors

##### Why CBT treatment ?

Why CBT

Session structure

Assessment

CBT Case conceptualization

Psychoeducation

Common concerns

Safety and stabilization

##### Anxiety-management strategies

Standard anxiety management strategies

Two levels of cognition

Identify cognitive distortions

Cognitive interventions

Identify schemas

Exposure interventions

Create an exposure hierarchy

In-vivo intervention exposure

Imaginal exposure part 1

Imaginal exposure part 2

Virtual reality and interoceptive exposure

Relapse prevention

Special consideration traumatic bereavement

Terminating treatment

Conclusion

Bibliography