



## **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:**

Post-Traumatic Stress Disorder (PTSD) is a condition that is often associated with poor long-term psychosocial outcomes. Fortunately, Cognitive Behavioural Therapy (CBT) treatments have been developed to help clients recover and reclaim their lives. They have the potential to transform PTSD from a chronic condition into one that can show meaningful improvement within just a few months.

This practical, hands-on workshop is designed to equip participants with the essential skills to assess, conceptualize, and develop individualized treatment plans for clients presenting with PTSD.

Participants will be introduced to a range of CBT interventions:

- Address safety and stabilization concerns-
- Manage distressing emotions and physical symptoms-
- Identify and modify unhelpful beliefs-
- Process traumatic memories-
- Reduce avoidance of trauma-related stimuli

In addition, the workshop will cover the assessment and clinical management of common co-occurring conditions such as substance use disorders, depression, and suicidal ideation.

Dr Schwartzmann will guide you through each phase of treatment—from initial assessment to the implementation of relapse prevention strategies—so that you leave with the tools and confidence needed to reduce the impact of trauma in your clients' lives.

### **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, psychologist, 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

**Access timeline:** Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. From the moment the training begins, you will have 4 months to complete it.

**Questions?** Feel free to contact us at *contact@asadis.net*