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 developped 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

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

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