

Understanding the Basics of Cognitive Processing Therapy



At a glance...

This workshop is designed to provide an overview of Cognitive Processing Therapy for the treatment of trauma and PTSD. This 3 hour workshop will help clinicians get familiar with the process of CPT including psychoeducation, trauma processing, and evaluating and modifying beliefs related to trauma.

Objectives

1. Utilize psychoeducation to help clients gain a better understanding of trauma, normalize their experience/symptoms, and identify areas of non-recovery/stuck points.
2. Develop a basic understanding of CPT treatment protocol, including assessments, handouts, scripts, and homework assignments.
3. Learn to assess and challenge a client's beliefs surrounding the traumatic event.

Speaker

Liz Zylstra is a licensed social worker in the State of Michigan. Liz received her Bachelor of Social Work in 2013, Master of Social Work in 2017, and Master of Public Administration in 2017 all from Grand Valley State University. Liz has spent the last 10 years working with individuals working to recover from substance abuse, other addictions, and post-traumatic stress disorder. Liz is the current owner of Common Ground Counseling and Wellness, where she specializes in treating mood disorders, trauma treatment, and addictions/compulsive behaviors. Liz is also an adjunct professor at Grand Valley State University where she teaches Clinical Diagnosis and Treatment Planning, Social Work Practice with Individuals, and Child and Adolescent Trauma.



Friday, September 29, 2023
9:00am - 12:00pm

Cost
\$49



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