



## Cognitive Processing Therapy An Evidence-based Treatment for PTSD & Depression 30-31 July 2009

### Speaker:

**Professor Patricia Resick, BA(Hons), MA(Clin), PhD**

Professor of Psychology and Psychiatry, Boston University; Director of Women's Health Sciences Division, National Center for PTSD

Professor Resick is the president of the International Society for Traumatic Stress Studies. She has authored 4 books and over 130 book chapters and articles. She is also one of the leading investigators of research projects focusing on women with PTSD. Professor Resick was awarded the Robert S. Laufer, Ph.D. Memorial Award for Outstanding Scientific Achievement in the Field of PTSD in 2004. She has developed the cognitive processing therapy (CPT) as one of the evidence-based treatment approaches for PTSD and depression.

### Topics:

*Day One: 30 July 2009 (Thu)*

#### **Sessions 1 to 4 of the CPT manual**

- ✧ *Symptoms and Rationale*
- ✧ *Stuck Points Handout*
- ✧ *Processing Impact Statement*
- ✧ *Traumatic/Complicated Grief*
- ✧ *Handling of Challenging Cases*
- ✧ *What to do if patient didn't do account or account incomplete*

*Day Two: 31 July 2009 (Fri)*

#### **Sessions 5 to 12 of CPT manual**

- ✧ *Role-Play – Processing of Challenging Questions Worksheet*
- ✧ *Patterns of Problematic Thinking and Review*
- ✧ *Challenging Beliefs Worksheet (CBW)*
- ✧ *Safety & Trust*
- ✧ *Power and Control*
- ✧ *Esteem & Intimacy*

This workshop aims to train participants in the implementation of CPT, a 12-session protocol that has been demonstrated to be effective for the treatment of PTSD and depression resulting from a range of traumatic events (including sexual violence, war and disaster) and can be implemented as an **individual** or **group** treatment. CPT consists of trauma-focused cognitive therapy and writing exposure arranged as a systematic and progressive series of skills and assignments. After an introduction to the theoretical underpinnings and supporting evidence for the therapy, participants will learn how to treat clients with CPT session by session. In addition to didactic information, CPT will be demonstrated with videotaped examples. Participants will also work with the therapy materials and engage in role play. Participants are encouraged to bring case examples for discussion.

**Venue: Lecture Hall, G/F, Wai Oi Block, Caritas Medical Centre, Shamshuipo, Kowloon.**

**Fees:** Please refer to the enrolment form  
**Medium of Instruction:** English  
**Co-organizer:** Department of Clinical Psychology, Caritas Medical Centre  
**Sponsors:** Department of Psychology, The Chinese University of Hong Kong  
Department of Psychology, The University of Hong Kong

*Pending CE points from various professional bodies*

For enquiry, please send your email to [info@asianstss.org](mailto:info@asianstss.org), visit our website at [www.asianstss.org](http://www.asianstss.org), or call **3408-7804**.





亞洲創傷心理研究學會  
**Asian Society for Traumatic Stress Studies**

**2-DAY SEMINAR ON COGNITIVE PROCESSING THERAPY:  
 AN EVIDENCE-BASED TREATMENT FOR PTSD & DEPRESSION**

by Professor Patricia Resick

**30 & 31 July 2009**

**Enrolment Form**

Title: \_\_\_\_\_ Name (*with surname in block letters*): \_\_\_\_\_

Correspondence Address: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

Profession: \_\_\_\_\_ Position held: \_\_\_\_\_ Organization: \_\_\_\_\_

**Enrolment details (please tick as appropriate):**

**For Registration on or before 30 June 2009**

	July 30 only	July 31 only	Both workshops
AsianSTSS Member	<input type="checkbox"/> HK\$950	<input type="checkbox"/> HK\$950	<input type="checkbox"/> HK\$1800
AsianSTSS Student Member	<input type="checkbox"/> HK\$700	<input type="checkbox"/> HK\$700	<input type="checkbox"/> HK\$1300
Non-member	<input type="checkbox"/> HK\$1140	<input type="checkbox"/> HK\$1140	<input type="checkbox"/> HK\$2200

**For Registration after 30 June 2009**

	July 30 only	July 31 only	Both workshops
AsianSTSS Member	<input type="checkbox"/> HK\$1000	<input type="checkbox"/> HK\$1000	<input type="checkbox"/> HK\$1900
AsianSTSS Student Member	<input type="checkbox"/> HK\$750	<input type="checkbox"/> HK\$750	<input type="checkbox"/> HK\$1400
Non-member	<input type="checkbox"/> HK\$1200	<input type="checkbox"/> HK\$1200	<input type="checkbox"/> HK\$2300

**Join AsianSTSS now and receive member's rate!**

Please complete and return the enrolment form with a cross cheque payable to  
**Asian Society for Traumatic Stress Studies Limited** and mail to:

Asian Society for Traumatic Stress Studies Limited  
 c/o Department of Clinical Psychology  
 Caritas Medical Centre  
 111 Wing Hong Street  
 Shamshuipo, Kowloon, Hong Kong

**Co-organizer:** Department of Clinical Psychology, Caritas Medical Centre  
**Sponsors:** Department of Psychology, The Chinese University of Hong Kong  
 Department of Psychology, The University of Hong Kong

Remarks:

1. Seats are served on a first-come-first-serve basis. Priority is given to members/staff of organizing bodies.
2. AsianSTSS reserves the right to modify the programme and reject an enrolment at any point in time.
3. Enrolment will be confirmed ONLY when full payment has been received by the AsianSTSS. Confirmation will be sent by email or fax one week prior to the workshop.
4. Official receipt will be issued at the registration counter. All fees are non-refundable.
5. If the Typhoon Signal No. 8 or above, or the Black Rainstorm Warning Signal is hoisted, the workshop will be cancelled. Details of postponement will be announced later.
6. For enquiry, please send your email to [info@asianstss.org](mailto:info@asianstss.org), visit our website at [www.asianstss.org](http://www.asianstss.org), or call 3408-7804.

