

Announcing CPT*Web*

<http://cpt.musc.edu>

CPT*Web* is a 9-hour web-based, multi-media, distance education course for mental health professionals seeking to learn Cognitive Processing Therapy for Post Traumatic Stress Disorder. Based on *Cognitive Processing Therapy Veteran/Military Version: Therapist's Manual* (Resick, Monson, & Chard, 2008), the asynchronous, modular, self-study approach of **CPT*Web*** allows practitioners to learn at their own pace from virtually any computer with Internet access. **CPT*Web*** was funded by the US Navy Bureau of Medicine and Surgery and is intended for use by mental health professionals within the Department of Defense and the Department of Veterans Affairs. It is also available for use by civilian therapists who provide treatment to active duty or retired personnel and members of the Guard and Reserve. It may also be helpful to mental health professionals who are providing treatment to family members. **CPT*Web*** is offered at no charge, and mental health professionals who complete the course receive 9 contact hours of continuing education from the Medical University of South Carolina.

MUSC MEDICAL UNIVERSITY of SOUTH CAROLINA National Crime Victims Research & Treatment Center

NAVY MEDICINE World Class Care...Anytime, Anywhere

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CPT*Web*

A web-based learning course for
COGNITIVE PROCESSING THERAPY

- Foundational Skills of CPT
- Introduction and Psychoeducation
- The Meaning of the Event
- Identification of Thoughts and Feelings
- Remembering the Traumatic Event
- Second Trauma Account
- Challenging Questions
- Patterns of Problematic Thinking
- Core Themes in Traumatized Patients
- Evaluation

A Strategy for Healing

System Requirements | Credits

Each module of **CPT*Web*** includes:

- a video introduction to the technique
- pre- and post-tests of knowledge of a treatment component
- an overview of the module's learning objectives
- a description of the techniques of the treatment component and step-by-step instructions for how to implement them, including sample scripts for introducing the techniques to patients
- multiple video demonstrations of the techniques
- suggested practice assignments for patients
- discussions of common clinical challenges that often arise in real-life practice