



Workshops on Cognitive Processing Therapy for PTSD

Cognitive Processing Therapy (CPT) is a systematic and evidence-based approach on treating Post-Traumatic Stress Disorder (PTSD). Through CPT, participants learn to think about their traumatic events differently and develop a more balanced thinking style.

Two-day Foundation Workshop



April 1-2, 2025



9:30 AM - 5:30 PM



English



Mental Health Professionals



One-day Advanced Workshop



April 3, 2025



9:30 AM - 5:30 PM



English



Mental Health Professionals
who have attended Foundation Workshop





Workshop Details

Two-day Foundation Workshop

- Introduces CPT protocols for PTSD, with session-by-session training on how to implement standard CPT
- Includes didactic, video recorded examples, and interactive learning components
- Covers latest research, a functional model on the development of PTSD, the biology of PTSD, and a cognitive theory of PTSD
- Highlights concepts and skills: assimilation, accommodation, and over-accommodation; “stuck points”; and the use of Socratic dialogue and treatment tools

One-day Advanced Workshop

- Covers the use of CPT across various populations and formats with video examples and role-play
- Includes advanced discussion and practice on the use of Socratic dialogue skills
- Explains the implementation of CPT in populations with comorbid disorders (e.g., depression, substance abuse)
- Demonstrates the adaptation and variants of CPT: group, telehealth, personalized length, and intensive/massed formats



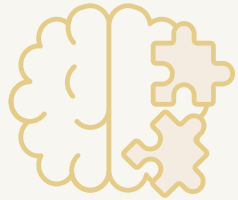
THE HONG KONG
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DIVISION OF CLINICAL PSYCHOLOGY
The Hong Kong Psychological Society Ltd.
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Workshop Registration

- Trainer: Patricia A. Resick, Ph.D.
- Modality: In-person
- Venue: Hong Kong Federation of Youth Groups Building, Quarry Bay



Training Fee

	Early Bird/ DCP Members	Standard
Two-day Foundation Workshop	\$ 4,000	\$ 4,500
One-day Advanced Workshop	\$ 2,000	\$ 2,500
Foundation + Advanced Workshops	\$ 5,500	\$ 6,500

EARLY BIRD
FEBRUARY 3, 2025

Sign up now



Enquiries:



events@hkps.org.hk



About the Trainer

Patricia A. Resick, Ph.D.

Professor Emeritus of Psychiatry and Behavioral Sciences,
Duke University Medical School
Adjunct Professor,
Medical University of South Carolina

Dr. Resick specializes in understanding and treating the effects of traumatic events, particularly post-traumatic stress disorder (PTSD). In 1988, she developed Cognitive Processing Therapy (CPT) for PTSD, a short-term evidence-based treatment and has led multiple clinical trials. The treatment manual for CPT has been translated into 15 languages and has been formally distributed by the VA and other veteran services in the U.S., Australia and Canada, as well as civilian training initiatives in the U.S.

CPT is considered a first-line therapy for PTSD. Dr. Resick's research has been continuously funded for more than 40 years; she has published more than 350 articles and chapters and 12 books on PTSD, including the recently published self-help book "Getting Unstuck from PTSD: Using Cognitive Processing Therapy to Guide Your Recovery" and has just published a second edition of the best-selling treatment manual "Cognitive Processing Therapy for PTSD: A Comprehensive Therapist Manual." Dr. Resick has served as president of both the International Society for Traumatic Stress and the Association for Cognitive and Behavioral Therapies. She has received multiple research and mentoring awards, as well as Lifetime Achievement Awards from the Trauma Division (56) of the American Psychological Association, the International Society for Traumatic Stress Studies and the Association for Behavioral and Cognitive Therapies.

After receiving her Ph.D. in psychology from the University of Georgia, Dr. Resick worked as an assistant and associate professor at the University of South Dakota. She also worked as associate to full professor at the University of Missouri-St. Louis and was awarded an endowed chair, Curator's Professor, in 2000. During that time, she also developed and served as director of the Center for Trauma Recovery. In 2003, Dr. Resick became director of the Women's Health Sciences Division of the National Center for PTSD, VA Boston Healthcare System and professor of psychiatry at Boston University. In 2013, she moved to Duke University.

