

Learning Collaborative in Cognitive Processing Therapy (CPT) for PTSD



CPT is a cognitive-behavioral therapy for individuals aged 14 or older with posttraumatic stress disorder (PTSD).

CPT teaches individuals skills to challenge unhelpful or unrealistic thoughts about their traumatic experiences, the world, and themselves.

Outcomes include **reductions in PTSD symptoms, depression symptoms, suicidal thoughts, and improvements in functioning.**

The following pages provide more information to help decide if this model is a good fit for you and your clinical setting.

KEY APPLICATION DATES

Information Call

February 14, 2023 at noon
February 23, 2023 at noon

Applications Due

March 7, 2023

Acceptance Notification

March 2023

Acceptance Materials Due

April 14, 2023



Benefits of Cognitive Processing Therapy

WHO IS CPT FOR?

- Adults and adolescents ages 14 or older
- Has experienced a Criterion A traumatic event
- Clinically significant symptoms of PTSD (e.g., 31+ on the PTSD Checklist [PCL-5]) that are the primary clinical issues
- Willing to attend sessions at least weekly and complete between-session practice

AGENCY CONSIDERATIONS

To successfully implement CPT, agencies need to serve a client population meeting these criteria. Clinicians are encouraged to recruit 4-5 CPT cases and complete treatment according to the CPT protocol with at least 2 cases.

CPT IMPLEMENTATION

- CPT is implemented in 6-15, 50-minute, individual treatment sessions, with clients needing an average of 9 sessions to achieve reductions in PTSD symptoms indicative of no longer meeting criteria for PTSD
- CPT can also be implemented in a closed group format consisting of 12, 90-minute sessions
- CPT can be implemented once a week, multiple times a week, and multiple times a day

SERVICE DELIVERY

CPT has been successfully integrated into outpatient mental health services, residential programs, intensive outpatient programs, and specialty programs including substance abuse programs.



OUTCOMES

Decrease in posttraumatic stress symptoms

Decrease in depressive symptoms

NC CTP Learning Collaborative

BENEFITS OF PARTICIPATION

- Clinicians will train with nationally-recognized experts who are endorsed by the model developers. Training will focus on attaining clinical competency, model fidelity, targeted outcomes, and implementation success.
- Clinicians who meet all graduation requirements will be invited to join a publically-available roster of NC CTP graduates (available at www.ncchildtreatmentprogram.org/program-roster).
- AHEC credits will be given to those who participate in 100% of the program; no partial credit will be awarded.
- Graduates will be invited to participate in advanced trainings in future years.
- Senior Leaders will participate in a specialized track, supporting implementation of CPT within their respective organizations and communities. Senior Leaders may be eligible to receive AHEC credits or contact hours for their participation.

LEARNING COLLABORATIVE GOALS AND ROLES

Goals

- To improve access to Cognitive Processing Therapy across North Carolina.
- To build the organizational capacity necessary to implement and sustain Cognitive Processing Therapy in individual practices and community-based providers.

Who Should Apply from Your Organization?

Senior Leader *(one per team/team site)*

- Senior Leaders must have administrative responsibility within their organization and/or within the local mental health community. Equally, they must have the authority to make systematic changes (e.g., policies, procedures, budgeting) to support the implementation of CPT within their organization and/or across the community.

Clinicians must:

- Provide psychotherapy to at least 5 individuals aged 14 or older per week.
- Serve the NC Medicaid population or have the ability to offer services free of charge.
- Be a licensed clinician in North Carolina, including clinical social workers, marriage and family therapists, professional counselors, psychological associates, psychologists, child psychiatrists, nurse specialists or practitioners. (Provisionally licensed applicants will be considered, but are not able to be rostered in CPT.)
- Note: Clinicians who wish to apply for free training (tuition covered by Children's Advocacy Centers of North Carolina) must be employed/contracted by a NC Child Advocacy Center (CAC), accept referrals from a CAC through a linkage agreement, or be willing to establish a linkage agreement with a CAC.

Learning Collaborative Logistics

WHO IS A GOOD FIT?

CPT and the Learning Collaborative methodology are not a good fit for every clinician. Here are the key characteristics we've found to be important for success:

- Have at least one year of post-Master's clinical experience at the agency
- Prior exposure to the cognitive-behavioral model
- Ability to accept constructive feedback well
- Motivation to learn and grow skills
- Motivation to implement evidence-based practices
- Timely and clear documentation
- Time management skills

LEARNING COLLABORATIVE REQUIREMENTS FOR CLINICIANS

- Read chapters 1-5 of the Cognitive Processing Therapy manual by May 17, 2023.
- Read the article, "Clinician Concerns about Cognitive Processing Therapy: A Review of the Evidence," by May 17, 2023.
- Listen to a 60-minute podcast titled, "Ten Sessions," from This American Life by May 17, 2023.
- Attend four training sessions. See dates under "Training Session Dates and Times" on the next page.
- Enroll at least one client by **June 2, 2023** and a second client no later than **July 17, 2023**.
- Complete a full course of CPT with at least two clients no later than **December 31, 2023** (with fidelity to the model).
- Submit all clinical documentation (intake data and demographic information, weekly session data) online **within 1 week** of each clinical contact.
- Participate in **weekly**, 60-minute group consultation video calls with an assigned clinical faculty member using Zoom.
- **Inability to complete all training requirements by December 31, 2023, will require extended consultation at a rate of \$175/hour.**

Learning Collaborative Logistics

MANDATORY TRAINING DEADLINES

Chapters 1-5 of the CPT Manual
May 17, 2023

***“Ten Sessions” podcast from
This American Life***
May 17, 2023

***First Client
Enrollment Deadline***
June 2, 2023

***Second Client
Enrollment Deadline***
July 17, 2023

***Complete 2 Cases of
CPT with Fidelity***
December 31, 2023

TRAINING SESSION DATES AND TIMES

*We do not offer make-up sessions so please check your availability on these dates before applying.

Assessment of Trauma and PTSD Webinar
April 20, 2023
10:00 am—12:00 pm

Learning Session 1
Virtual Dates:
May 17-18, 2023
9:00 am—5:00 pm

Learning Session 2
Virtual Dates:
September 13, 2023
9:00 am—5:00 pm
September 14, 2023
9:00 am—3:00 pm

Learning Session 3
Virtual Dates:
December 14, 2023
9:00 am—3:00 pm



Learning Collaborative Logistics

COSTS TO IMPLEMENT CPT

Tuition

Children's Advocacy Centers of NC will cover the cost of tuition for 20 licensed clinicians who provide services to Child Advocacy Center (CAC) children and caregivers; clinicians must be employed/contracted by a CAC, accept referrals through a linkage agreement, or be willing to establish a linkage agreement with a CAC. A linkage agreement is an agreement to work together, but not a contract.

Additional CAC-affiliated clinicians, as well as clinicians not affiliated with a CAC, may apply to participate in the Learning Collaborative; tuition is \$500 per clinician-trainee. Senior Leaders participate in the Learning Collaborative free of charge.

Other Implementation Costs

- Staff time for training dates.
- Staff time to meet other training requirements (client screening and assessment; planning, and documentation; group consultation calls; and at least monthly implementation team meetings).

APPLICATION PROCESS

The deadline for receipt of all completed applications is **March 7, 2023**.

To Apply

1. You must complete two types of applications: a Senior Leader will complete an Agency application and each clinical participant will complete a Clinician Application.
2. Agency applications can be accessed here: https://duke.qualtrics.com/jfe/form/SV_2tQdFHcpSXibVRk
3. Clinician applications can be accessed here: https://duke.qualtrics.com/jfe/form/SV_3RiGI18z8CUa4dg

If accepted into the Learning Collaborative and not affiliated with a CAC, tuition payment must be received (certified check or money order) by **April 14, 2023 at 5:00 pm**. You will receive an invoice for tuition upon acceptance.

No Refunds (partial or full) will be offered after April 14, 2023.

Information Call

Please join us for one of our **Information Calls**:

- **Information Call:** February 14, 2023 @12:00pm.
Zoom Link: <https://duke.zoom.us/j/5238938584?pwd=MTFISzFGUWxiMlhGZW04UFBodXp3QT09>
- **Information Call:** February 23, 2023 @12:00pm.
Zoom Link: <https://duke.zoom.us/j/5238938584?pwd=MTFISzFGUWxiMlhGZW04UFBodXp3QT09>

Questions?

Contact Beverly Glienke at Beverly.glienke@duke.edu.