



Live Webinar

Applying and Understanding Cognitive Processing Therapy as Treatment for PTSD

Friday, July 24th, 2020
9:00AM-10:30 AM PST

Presented by Greg Stanford, Psy.D. & Emily Owens, Ph.D.



Cognitive Processing Therapy (CPT) is a cognitive-behavioral treatment for Posttraumatic Stress Disorder (PTSD). Evidence over the past several decades has shown that CPT is effective in reducing PTSD symptoms related to a variety of traumatic events including child abuse, rape, combat, and natural disasters, making CPT a "best practice" for PTSD. CPT Coach is a free application (app) for mobile devices developed by the VA's National Center for PTSD. CPT Coach was created to increase convenience and adherence for patients and clinicians working through the CPT treatment manual. It is intended to be used as a treatment companion for a patient working with a therapist trained in CPT. Licensed psychologists Greg Stanford, Psy.D. and Emily Owens, Ph.D. will describe the evidence supporting CPT as a treatment approach for PTSD, as well as an overview of the theoretical basis of CPT. The webinar will include an instruction on the application of the protocol using the CPT Coach app to an individual with PTSD.

Webinar objectives:

- 1) Describe the evidence supporting CPT as a treatment approach for PTSD.
- 2) Understand the theoretical basis of CPT and how treatment leads to improvement in symptoms of PTSD.

3) Introduce and illustrate using the "CPT Coach" app to a case study of an individual with PTSD.

About Presenters:

Greg Stanford, Psy.D., Associate Clinical Director of CBA, received his Psy.D. from California School of Professional Psychology in 2009. Dr. Stanford has completed trainings with Dr. Judy Beck and is a Diplomate candidate with Academy of Cognitive Therapy. He specializes in cognitive behavioral techniques related to ADHD, Gender and Sexual Minority Stress, Insomnia, Panic, and Trauma. Dr. Stanford joined CBA in 2017 and became Associate Clinical Director and Co-Director of CBTI in 2019.

Emily Owens, Ph.D. is a staff psychologist at CBA and Director of CBTI. Dr. Owens received her Ph.D. in 2018 from UCLA where she specialized in assessment and intervention for serious mental illness (SMI). She completed her clinical internship and postdoctoral fellowship at the West LA VA, where she trained in various clinics applying cognitive-behavioral techniques to SMI, homelessness, trauma, and substance abuse. In addition to clinical practice at CBA, Dr. Owens is a Clinical Instructor at UCLA Department of Psychology. No conflicts of interest to disclose.

1.5 CE credits provided

Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content.



Joel L. Becker, Ph.D., Founder and Director

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Cognitive Behavior Associates (CBA) is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.
Founder and Clinical Director of CBA &
Cognitive Behavior Therapy Institute
Clinical Professor, Dept. of Psychology, UCLA
Fellow and Certified CBT Therapist,
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Greg Stanford, Psy.D.
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