

COGNITIVE THERAPY FOR POST-TRAUMATIC STRESS DISORDER

TWO-DAY IN-PERSON WORKSHOP

Thursday 30th Nov & Friday 1st Dec 2023
9.00 am - 4.30 pm

Presenter: Professor Jennifer Wild

ABOUT THE WORKSHOP

Cognitive therapy is rooted in the idea that whilst people may face gritty times, it is the meaning they make of them that matters. CT-PTSD is based on a robust cognitive model that identifies three core processes that keep the disorder going (Ehlers & Clark, 2000). The treatment aims to modify these processes through intervention that targets trauma memories, triggers, and unhelpful behaviours and thoughts. Updating painful meanings linked to the trauma memory with information that addresses relevant cognitive themes is a key part of the treatment. Cognitive themes typically relate to anger, shame, guilt, betrayal, overgeneralised danger, loss, moral injury or permanent change.

CT-PTSD is recommended by the National Institute for Health and Care Excellence (NICE) and numerous international guidelines as a first line treatment for the disorder. The treatment leads to high rates of recovery, is often described as life-changing, can be delivered in about 10 to 12 sessions and easily adapted for remote delivery during pandemic-working.

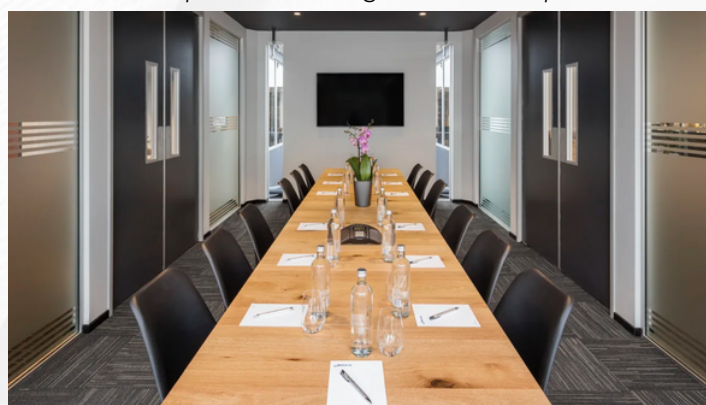


COSTS

- ANZACBT Member: \$350
- ANZACBT Student Member: \$180
- Non-Member : \$400

Morning tea, afternoon tea and lunch provided & free welcome drink on the evening of Thursday 30th November.

**This workshop is aimed at registered health professionals*



VENUE: OAKS HOTEL WELLINGTON

Address: [89 Courtenay Place, Te Aro, Wellington, 6011](#)

Reservations: 0800 004 285

Reception: +64 4 801 0390

Email: Wellington@theoaksgroup.co.nz



PROFESSOR JENNIFER WILD

University of Melbourne

Jennifer Wild is Professor of Military Mental Health at Phoenix Australia, University of Melbourne. She holds an affiliate position at the University of Oxford where she developed evidence-based interventions to prevent PTSD for emergency responders, now being delivered internationally. Professor Wild is an international expert on how to build resilience to stress and trauma, and on how to overcome post-traumatic stress disorder. She has worked in an advisory role to the Cabinet Office in the UK on best practice for developing preventative interventions for high risk occupations. She regularly appears in the media giving expert advice on how to build resilience to severe stress. The documentary, *Vertigo Road Trip*, in which she treats five people to overcome anxiety and lead extraordinary lives, aired on BBC One, attracting 2.2 million viewers. She has written over 80 publications and two recently published popular science books, including *Be Extraordinary: 7 Key Skills to Transform Your Life from Ordinary to Extraordinary*. Professor Wild applies science to understanding and preventing mental ill health.

TRAINING MODALITIES

The presenter will use a range of teaching methods: slides, videos and experiential exercises.

CONTENT

This workshop will build on Ehlers and Clark's (2000) cognitive model of PTSD. The workshop will demonstrate how to deliver core interventions of CT-PTSD face-to-face and remotely, including how to update memories, carry out trigger discrimination and design highly effective behavioural experiments. A focus will be included on how to transform challenging cognitive themes, such as loss and permanent change, which arise after the death of a loved one or permanent injury. We will also discover how to work with trauma that the patient is likely to experience again, such as in the context of healthcare, emergency or military work.

LEARNING OBJECTIVES

By the end of the session, attendees will be able to:

- Use the Ehlers and Clark cognitive model to understand PTSD and develop an individual formulation for patients.
- Identify core cognitive themes and ways of working with them.
- Describe ways of integrating updated meanings into trauma memories.
- Describe steps in transforming images of loss and permanent change.
- Identify ways of changing responses to triggers of reexperiencing.
- Identify ways of adapting procedures to working remotely.





- [VISIT OUR WEBSITE](#)
- [REGISTER FOR THE WORKSHOP](#)
- [EMAIL US: WEB@CBT.ORG.NZ](mailto:WEB@CBT.ORG.NZ)

KEY REFERENCES

Wild, J., Duffy, M., & Ehlers, A. (2023). Moving forward with the loss of a loved one: Treating PTSD following traumatic bereavement with cognitive therapy. *The Cognitive Behaviour Therapist*, 16, E12. doi:10.1017/S1754470X23000041

Wild, J., Warnock-Parkes, E., Murray, H., Kerr, A., Thew, G., Grey, N., Clark, D.M. & Ehlers, A. (2020). Treating posttraumatic stress disorder remotely with Cognitive Therapy for PTSD. *European Journal of Psychotraumatology*, 11:1, 1785818 doi: [10.1080/20008198.2020.1785818](https://doi.org/10.1080/20008198.2020.1785818)

Beierl, E., Murray, H., Wiedemann, M., Warnock-Parkes, E., Wild, J., Stott, R., Grey, N., Clark, D.M. & Ehlers, A. (2021). The Relationship Between Working Alliance and Symptom Improvement in Cognitive Therapy for Posttraumatic Stress Disorder. *Front Psychiatry*, 12, 602648. doi: [10.3389/fpsyt.2021.602648](https://doi.org/10.3389/fpsyt.2021.602648)

Ehlers, A. & Clark, D.M. (2000). A cognitive model of posttraumatic stress disorder, *Behaviour Research and Therapy*, 38, 319-345.

Ehlers, A. & Wild, J. (2021). Cognitive behavior therapies for posttraumatic stress disorder. In A. Wenzel (Ed.), *Handbook of cognitive behavioral therapy: Applications* (pp. 99-147). American Psychological Association. <https://doi.org/10.1037/0000219-004>

Ehlers, A. & Wild, J. (2020). *Cognitive therapy for PTSD*. In L. F. Bufka, C. V. Wright, & R. W. Halfond (Eds.), *Casebook to the APA Clinical Practice Guideline for the treatment of PTSD* (p.91-121). American Psychological Association. <https://doi.org/10.1037/0000196-005>

Murray, H., Wild, J., Warnock-Parkes, E., Kerr, A., Thew, G., Grey, N., Clark, D.M. & Ehlers, A. (2020). Cognitive therapy for PTSD following critical illness and intensive care unit admission. *The Cognitive Behaviour Therapist*, doi: <https://doi.org/10.1017/S1754470X2000015X>

ACCOMMODATION

A 15% discount is available for rooms at Oaks Hotel Wellington (workshop venue)

- In: 27th November 2023 (earliest check in)
- Out: 3rd December 2023 (latest check out)
- Room type: Hotel Internal & Hotel City View Rooms
- [Promo Code: ANZACBT2023](#)

