Evidence Based Treatments for Post-Traumatic Stress Disorder:
An Overview

September 16, 2015
9 to 11 a.m.
Course Code: T303

Presenter:
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Western Psychiatric Institute and Clinic

Program Description:
This program will provide an overview of the primary evidence based psychosocial interventions for Post-Traumatic Stress Disorder (PTSD), with a focus on cognitive-behavioral treatments. Etiological theories for the development and maintenance of PTSD will be discussed briefly for the purpose of highlighting the rationale for the therapeutic approaches. Recommended resources for participants who are interested in pursuing more advanced clinical training in these interventions will be provided.

Educational Objectives:
At the conclusion of this program, participants should be able to:
- Identify the primary evidence based psychosocial treatments for PTSD
- Identify resources for more advanced clinical training in evidence based interventions for PTSD
- Explain the main tenets of the emotional processing theory and informational processing theory for the etiology of PTSD

Target Audience:
This introductory program is for clinicians focused on the treatment of PTSD for individuals and their families.

Continuing Education Credits:

| ACT 48 – 2.0 | CADC – 2.0 | CME – 2.0 |
| CPRP – 2.0 | General CEU – 0.2 | LSW/LCSW/LPC/LMFT – 2.0 |
| NCC – 2.0 | PCHA – 2.0 | Psychologist – 2.0 |

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

Tuition:
This program is free of charge.
Continuing Education Credit
Each program is offered for the designated number of continuing education credits

**PHYSICIANS: CME**
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**EDUCATORS: ACT 48**
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Western Psychiatric Institute and Clinic adheres to the Act 48 Continuing Education Guidelines.

**CERTIFIED ADDICTION COUNSELORS: CADC**
Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.

**CERTIFIED PSYCHIATRIC REHABILITATION PRACTITIONERS: CPRP**
The announced credit hours for each program can be applied to your training hours for the Certified Psychiatric Rehabilitation Practitioners (CPRP).

**COUNSELORS: NCC**
Counselors: Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program.

**CERTIFICATE OF ANNUAL ADMINISTRATOR TRAINING – PERSONAL CARE HOME ADMINISTRATORS**
The indicated number of clock hours is approved by the Department of Public Welfare Bureau of Adult Residential Licensing. These clock hours may count towards the 24 hours of annual training for administrators required in 55 Pa. Code Chapter 2600 (relating to personal care homes).

**PSYCHOLOGISTS**
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for these programs and their contents.

**LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT**
The indicated number of credit hours of social work continuing education is provided through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

**MENTAL HEALTH PROFESSIONALS: CEU**
Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

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