



Learning to recognize and understand the signs and symptoms of PTSD in order to implement Cognitive Processing Therapy

Participate in a 3-hour CEU Training Event in
Cognitive Processing Therapy (CPT)

Friday, October 12, 2018

9:30am – 1:00pm | Seating is limited RSVP today

Cost: \$10 Donation to the Recovery Resource Council
Benefiting the Veterans Program.

(lunch included)

Santé Center For Healing | 914 Country Club Rd, Argyle, TX 76226

This training will help to increase the recognition of the impact of Post-Traumatic Stress Disorder (PTSD), help to understand the processes of PTSD and understand how to best implement the modality of Cognitive Processing Therapy (CPT) into individual therapy sessions.

Training Objectives

- **Increase understanding** of PTSD and how it affects clients in everyday life
- **Help clients** identify problem areas (stuck points) in their thinking, that stem from traumatic events, which have impeded recovery
- Learn to **use Socratic dialogue**, a form of questioning that encourages clients to examine and evaluate their own beliefs rather than being told in a directive way



ABOUT THE INSTRUCTOR

Lisa M. King, MS, NCC, LPC-Intern

For more than 20 years, Lisa King has lived, taught, counseled, served & worked with individuals from all walks of life in North America, Latin America and Asia. Areas of specialization include: trauma, codependency, depression, anxiety, identity, abuse, neglect, poverty, suicidal thoughts and addiction. Lisa currently facilitates 4-day Intensive Therapy Workshops at Santé: Mindful Transformation: Redefining Your Trauma and Free To Be Me: Rescuing Yourself From Codependency. Utilizing a CPT approach, Lisa encourages individuals to identify problematic patterns of thinking and to begin establishing coping strategies that encourage personal growth and self-care. In addition, Lisa provides individual therapy in the Community Based Services Clinic at Santé Center for Healing as well.