

# CBT for PTSD



## *Instructor Information:*

Kehau Kuala-Gilbert is a Licensed Clinical Social Worker in California and Hawaii. She is the Behavioral Health Services Supervisor with Substance Abuse Prevention and Treatment Program since 2018 at Riverside University Health System-Behavior Health. Dr. Carina Bedolla earned a Doctorate of Social Work at California Baptist University in August 2022. She is a Clinical Therapist II and has several years of experience at Riverside University Health System-Behavior Health.

**Instructors:** Kehau Kuala-Gilbert, LCSW  
&  
Carina Bedolla, DSW

## *Course Description:*

CBT for PTSD training will provide a review of research evidence supporting the efficacy of CBT for different disorders, and basic knowledge about core CBT intervention components. Case examples and role-play practice will be utilized. Practical instruction on explaining the CBT model, performing functional analysis, and using CBT techniques will be emphasized. Staff will be able to support consumers in recognizing and modifying thought patterns that are causing distress in their lives, or interfering with their day-to-day activities. It can be used to help treat anxiety, depression, alcohol abuse and more.

***Date:*** October 24, 2023 & October 25, 2023

***Time:*** 8:30am-4:00pm

***\*\*Must attend both dates for credit\*\****

***Location:*** Conference Center 2085 Rustin Ave Riverside 92507

**RUHS-BH Staff - Please register for this course via COR at <https://corlearning.sumtotal.host>  
All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet)  
Free to all registered participants**

**Continuing Education Credits:** This course meets the qualifications of 10 continuing education units/credits/hours

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center (951) 955-7270 at least fourteen days (14) prior to the course date.

## CBT for PTSD

**Day 1: October 24, 2023 8:30am-4:00pm**

**&**

**Day 2: October 25, 2023 8:30am-4:00pm**

**\*\*Must attend both dates for credit\*\***

**Instructor Information:** Kehau Kuala-Gilbert is a Licensed Clinical Social Worker in California and Hawaii, currently employed as a Behavioral Health Services Supervisor with Riverside University Health System-Behavioral Health (RUHS-BH), Substance Abuse Prevention and Treatment Program since 2018. Kehau has also served as a Clinical Therapist II with RUHS in January 2017, offering therapeutic support to individuals and families struggling with addiction and behavioral health challenges. Kehau is a facilitator and trainer for various evidenced-based practices like Coping with Stress: CBT for Teens, ASAM Multidimensional trainings, and has been certified as a trainer for the Trauma Informed System (TIS) Initiative through the Trauma Transformed Center since 2019. Lastly she was trained in the CBT for PTSD model by Hazelden Betty Ford Foundation in 2018.

A Dr. Carina Bedolla earned a Doctorate of Social Work Program at California Baptist University in August 2022. Having obtained her education at California Baptist University, Carina holds a bachelor's degree in Psychology and a master's degree in Counseling Psychology. As a Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor, Carina has over five years of clinical experience in the public sector. While she has had the honor and privilege to support individuals in overcoming these challenges, the experiences have served as catalysts for her area of research. In her doctoral studies, her area of focus was mental health stigma in emerging clinicians. Lastly she was trained in the CBT for PTSD model by Hazelden Betty Ford Foundation in 2018.

**Audience:** LMFT's, LCSW's, LPCC's, and LEP's; associate and support staff.  
Level of training: Introductory - new topic for audience

**Seat #:** 36

**Location:** Conference Center 2085 Rustin Ave Riverside 92507

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

### **Educational Goals:**

1. Participants will be able to describe the prevalence of trauma and PTSD
2. Participants will be able to understand the development of CBT and the practical implementation.

3. Learn and practice a wide range of cognitive and behavioral strategies, including psychoeducation, cognitive restructuring, exposure, response prevention, behavior modification, problem solving, and others

### Learning Objectives:

1. Identify at least three (3) CBT core principles.
2. Identify three (3) therapeutic alliance strategies.
3. Describe the ABCDEs of flexible thinking
4. List the three (3) symptom clusters of PTSD
5. Utilize case vignettes in application of CBT strategies
6. Practice cognitive and behavioral strategies using a combination of lectures, discussions, role-plays, videos and demonstrations.
7. Identify at least two (2) intervention strategies in the relapse prevention plan.

### Course outline:

#### Day 1

Time:	Topic/Content
9:00am – 10:15am	Part I: Background <ul style="list-style-type: none"> <li>• Chapter 1: PTSD and Addiction</li> <li>• Chapter 2: Core Principles of CBT</li> <li>• Chapter 3: Background and Development</li> <li>• Chapter 4: Evidence for CBT for PTSD among People with Severe Mental Illnesses and Other Vulnerable Populations</li> <li>• Chapter 5: Evidence and Experience of CBT for PTSD in Addiction Treatment Programs</li> </ul>
10:15am – 10:30am	<i>DVD: A Guide for Living with PTSD</i>
10:30am – 10:45am	<b>BREAK (NON-CE)</b>
10:45am – 11:45am	Part II: Practical Considerations before You Begin <ul style="list-style-type: none"> <li>• Chapter 6: CBT and Transitional Addiction Counseling</li> <li>• Chapter 7: Therapeutic Alliance and Therapeutic Frame</li> <li>• Chapter 8: Logistical Considerations</li> <li>• Chapter 9: How to Use This Guide</li> </ul>
11:45am-12:45pm	<b>LUNCH (NON-CE)</b>
12:45pm – 1:15pm	Part III: Practical Considerations <ul style="list-style-type: none"> <li>• Chapter 10: Case Vignettes</li> <li>• Chapter 11: Trouble Shooting</li> <li>• Chapter 12: Clinician Care, Expectations, and Clinical Supervision</li> </ul>
1:15pm – 2:15pm	Case Vignettes: Charlotte, Greg, and Erica *Activity
2:15pm-2:30pm	<b>BREAK (NON-CE)</b>
2:30pm-3:00pm	<i>Teach Back for Module 1: Engagement</i>
3:00pm-3:30pm	<i>Teach Back for Module 2: Overview of CBT for PTSD in Addiction Treatment</i>
3:30pm-4:00pm	<i>Review and closing</i>

## Day 2

9:00am-9:15am	Recap of Day 1
9:15am-9:45am	Teach Back for Module 3: Mindful Relaxation
9:45am-10:15am	Teach Back for Module 4: ABCs of Emotions
10:15am-10:30am	BREAK (NON-CE)
10:30am-11:00am	Teach Back for Module 5: Flexible Thinking; ABCDEs of Emotions
11:00am-11:30am	Teach Back for Module 6: Patient Education about Trauma and PTSD
11:30am-11:45am	DVD: A Guide for Living with PTSD (part of Chapter 4)
11:45am-12:45pm	LUNCH (NON-CE)
12:45pm-1:15pm	Teach Back for Module 7: Substance Use and Crisis Plan
1:15pm-1:45pm	Teach Back for Module 8: Identifying, Labeling, and Understanding Feelings
1:45pm-2:15pm	Teach Back for Module 9: Transition
2:15pm – 2:30pm	BREAK (NON-CE)
2:30pm-3:30pm	Program Implementation - Next Step Action Planning; Questions; and Evaluation
3:30pm-4:00pm	Review and closing

**This course meets the qualifications for 10 continuing education units/credits/hours. **\*\*Must attend both dates for credit\*\*****

**Continuing Education:** Course meets the qualifications for 10 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for (10) Contact Hours.

Provider approved by CCAPP-EI, Provider Number 1N-98-402-1223 & 3-22-341-0424 for (10) CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

**Requesting Continuing Education:** Participants interested in receiving continuing education credit or a certificate of participation should contact Sujei Larkin via email at [glarkin@ruhealth.org](mailto:glarkin@ruhealth.org). Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants

must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:** RUHS-BH Staff should register for this course via COR Learning Management System (<https://corlearning.sumtotal.host>) The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet).

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact Workforce Education and Training at 951-955-7270 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).