COGNITIVE BEHAVIOR
INSTITUTE

DOCUMENTATION OF ATTENDANCE

125 Emeryville Drive, Suite 230 berry Township, PA 16066
724-609-5002

To Whom It May Concern,
This is to certify that

Daniel Cruz, Ph.D., ABPP

License #: 35SI00523600

Licensed Psychologist

has attended, in its entirety, the following live continuing education activity sponsored by Cognitive Behavior Institute:

4-Day Intensive Workshop: Prolonged Exposure Treatment for PTSD
Presented by: Dr. Jason Goodson, Dr. Christina DiChiara, and Dr. David Yusko
Held on 07/30/2021, 07/31/2021, 08/06/2021, 08/07/2021
27 contact hours

Learning Objectives:

1. Describe the diagnosis of PTSD
2. Describe psychopathology of PTSD
3. Describe emotional processing theory as it relates to Prolonged Exposure Therapy for PTSD
4. Describe empirically-supported, psychotherapeutic treatments for chronic PTSD
5. Compare the efficacy of these treatment approaches empirically-supported, psychotherapeutic treatments for chronic PTSD
6. Explain considerations in deciding whether or not to use PE with a patient
7. Explain how clients can be helped to emotionally engage in and process traumatic memories, with the aim of reducing trauma-related symptoms and difficulties
8. Use psychoeducational treatment components of Prolonged Exposure Therapy for PTSD
9. Construct an in-vivo exposure hierarchy that includes a range of situations that safely and effectively promote learning while expanding the client's world
10. Use in-vivo exposure to safe but avoided trauma reminders with patients
11. Demonstrate how to help patients choose an appropriate index trauma to focus on in Prolonged Exposure Therapy for PTSD
12. Apply imaginal exposure to memories of traumatic events
13. Choose hot spots with patients
14. Use hot spots procedures
15. Identify avoidance in PE sessions
16. Demonstrate how to address avoidance in PE sessions
17. Identify over-engagement in imaginal exposure
18. Demonstrate how to address over-engagement in imaginal exposure
19. Identify under-engagement in imaginal exposure
20. Demonstrate how to address under-engagement in imaginal exposure

27 CE Total Hours/Credits

Sincerely,

Kevin Caridad, LCSW, PhD

Kevin Caridad, LCSW, PhD
Cognitive Behavior Institute, CEO

Cognitive Behavior Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Cognitive Behavior Institute maintains responsibility for content of this program. Social workers, marriage and family therapists, and professional counselors in Pennsylvania can receive continuing education from providers approved by the American Psychological Association. Since CBI is approved by the American Psychological Association to sponsor continuing education, licensed social workers, licensed marriage and family therapists, and licensed professional counselors in Pennsylvania will be able to fulfill their continuing education requirements by attending CBI continuing education programs.

Cognitive Behavior Institute, #1771, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Cognitive Behavior Institute maintains responsibility for this course. ACE provider approval period: 06/30/2021 – 06/30/2022. Social workers completing this course receive 27 clinical continuing education credits.

Cognitive Behavior Institute, LLC is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0646 and the State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0216.

Cognitive Behavior Institute is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0098.

NBCC ACEP No. 7117