



## **Cognitive Behavioral Therapy for Post Disaster Distress**

**Friday, February 26, 2010  
8:30am -4:00pm**

**United Way Building  
Bynum Room (1st Floor)  
2515 Canal Street  
New Orleans, LA. 70119**

Trainers: Barbara Green, MA, LPC, and Annemieke Henson, MA

Cognitive Behavioral Therapy for Post Disaster Distress was developed for use in New York after the September 11, 2001 terrorist attack. It was implemented again after a series of hurricanes in Florida in 2004, and after Hurricanes Katrina and Rita in Louisiana in 2005.

This skills based intervention is for individuals who show more than normal transient stress and who require more than traditional crisis counseling. Yet, they remain able to function in their daily lives and their symptoms are not so severe as to diagnose them with a mental disorder. Some people with more complicated mental health needs may need traditional treatment afterwards or a referral for other services. CBT for Post Disaster Distress is an intermediate step between crisis counseling for individuals immediately following a trauma and longer-term mental health treatment.

CBT for Post Disaster Distress is an evidence-based, manualized intervention based on treatments that have been empirically validated for PTSD, depression and other anxiety disorders. It is not intended to be a treatment for a specific psychiatric disorder. The treatment entails 8-10 sessions divided into three main sections: education, coping skills and cognitive restructuring. Clients receive a workbook and complete assignments along with the opportunity to practice and reinforce the skills they have learned in sessions.

Clinicians will find that outside the 10-session treatment model, these skills can be used to enhance currently used therapy treatments, and can be applied to help clients cope with a wide variety of psychosocial problems.

*\*Workshop participants will not only learn this effective model, they will also receive their own Clinician's Manual and Client Workbook that is used to facilitate the treatment.*

*Baton Rouge  
Area Foundation*



**Who Should Attend:**

All Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists and other Mental Health Professionals with degrees such as BSW, MSW, MA, Med, PhD or full-time graduate students in accredited programs in these fields.

**Sponsor:**

Baton Rouge Crisis Intervention Center is a private, nonprofit agency whose mission is to offer prevention, intervention and postvention services that provide support in times of crisis and reduce the impact of suicide in the community.

**CEU's**

**Social Workers:** This workshop has been approved for 5.5 continuing education contact hours by the National Association of Social Workers, Louisiana Chapter as authorized by the Louisiana State Board of Social Work Examiners, and may be applied toward the continuing education requirements for licensure renewal.

**Licensed Professional Counselors:** This workshop has been approved for 5.5 continuing education units by the Louisiana Counseling Association.

**Licensed Marriage and Family Therapists:** Approval is pending for 5.5 continuing education units by the Louisiana Association for Marriage and Family Therapy.

**Objectives:**

Participants will be able to:

- Understand and describe common post disaster distress reactions and utilize psycho-education to help normalize client reactions post disaster.
- Utilize coping skills training to assist the client in reducing anxiety related to post disaster distress.
- Utilize cognitive restructuring to help clients recognize problematic thinking patterns, reduce anxiety and to establish more accurate thinking.
- Utilize the manual and client workbook to structure sessions in CBT-Post Disaster Distress

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**New Orleans 2/26/2010 CBT-PDD Training Registration:**

Name \_\_\_\_\_ Agency \_\_\_\_\_

Profession \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**Fees:**            **\$100 Preregistered / \$75 Student (Masters or PhD students)**  
                         **\$115 Onsite registration (if space available) / \$90 (Masters or PhD students)**

**Method of Payment:**

**Credit Card:**

Type of Card: \_\_\_\_\_ Card # \_\_\_\_\_

Expiration date \_\_\_\_\_ CCV# \_\_\_\_\_

Signature \_\_\_\_\_

Make credit card payments by Fax: 225-924-6964, or Mail to address below.

**Checks:**

Make checks payable to Baton Rouge Crisis Intervention Center.

**Address:**

Baton Rouge Crisis Intervention Center, 4837 Revere Avenue, Baton Rouge, LA 70808

\*Questions? Call 225-924-1431.