



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

***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 ***one-day training*** will present information on a skills based intervention for individuals post disaster or trauma. The treatment is for those who show more than normal transient stress and who require more than traditional crisis counseling. 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.

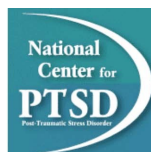
Clinicians will find that outside the 10-session treatment model, these skills can be used to enhance currently used therapy treatments, and can be applied to help clients cope with a wide variety of psychosocial problems.

*A Practitioner's Manual and Client Workbook is included in the cost of the workshop.*

### **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. CBT for Post Disaster Distress Training is made possible by funding from the Baton Rouge Area Foundation.

*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.

**CEU's**

*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 by the Louisiana Counseling Association.*

***Once we have received your registration, you will receive a confirmation email with additional information regarding the training. Please call 225-924-1431 or email [training@brcic.org](mailto:training@brcic.org) with questions. Thank You.***

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**CBT for Post Disaster Distress Training Registration:**

**Please Check with training you are registering for:**

- \_\_\_\_\_ **Baton Rouge - May 7, 2010 - 8:30am– 4:00pm**
- \_\_\_\_\_ **Shreveport - May 26, 2010 - 8:30am—4:00pm**
- \_\_\_\_\_ **Covington - June 4, 1010 - 8:30am –4:00 pm**

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

Profession \_\_\_\_\_

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

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

**Fees:**            **\$100**  
                         **\$75 Student (Masters or PhD students)**

**Method of Payment:**

**Checks:**

Make checks payable to Baton Rouge Crisis Intervention Center.

**Credit Card:**

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

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

Signature \_\_\_\_\_

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

**Address:**

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