

# KURSUSBEVIS

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**Klaus Bertel**

har gennemført 12 timers seminar

**"Using Cognitive Behavioral Therapy with PTSD Patients"  
ved David W. Foy, Ph.D.**

den 02. og 03. september 2004

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The purpose of this 12 hour seminar is to provide participants with an up-to-date overview, demonstrations and training in cognitive behavioral (CBT) methods proven effective for treating posttraumatic stress disorder (PTSD). Initially, CBT history, influential theories and primary techniques will be discussed, and the applicability of CBT for a range of disorders will be reviewed. Next, CBT methods that have been applied to the treatment of PTSD in individual therapy will be described, along with the evidence supporting their use with children, adolescents and adults. Key CBT methods for PTSD, Exposure Therapy and Cognitive Restructuring, will be described and demonstrated in detail. Case studies illustrating their use will be presented. Finally, CBT-based group therapy for PTSD will be described and critical skills for CBT group therapists will be demonstrated. Instructional methods to be used include: didactic presentations using powerpoint slides and handouts; clinical discussions, and critical skills demonstrations.

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**Dansk Krise- og Katastrofepsykologisk Selskab**

under Dansk Psykolog Forening

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København, den 03.09.2004



Berith Bro, cand. psych., kursusleder



David W. Foy, Ph.D.