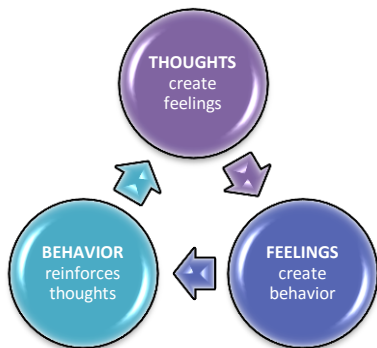


CPT Cognitive Processing Therapy

Cognitive Processing Therapy (CPT) is a cognitive-behavioral therapy (treatment that focuses on thoughts and feelings) for Posttraumatic Stress Disorder, or **PTSD**, and related conditions.

CPT provides a way to understand why recovery from traumatic events is difficult and how symptoms of PTSD affect daily life. The focus is on identifying how traumatic experiences change thoughts and beliefs, and how thoughts influence current feelings and behaviors.



PTSD Treatment can turn your life around.

An important part of the treatment is addressing ways of thinking that might keep individuals “stuck” and get in the way of recovery from symptoms of PTSD and other problems.

CPT is a cognitive-behavioral treatment for Posttraumatic Stress Disorder (PTSD). CPT was developed in the late 1980s and has been shown to be effective in reducing PTSD symptoms related to a variety of traumatic events including child abuse, combat, rape and natural disasters.

What Are the Goals of CPT?

- Improve your understanding of PTSD
- Reduce the distress about your memories of the trauma
- Decrease your emotional numbing and avoidance
- Reduce feelings of being tense or “on edge”
- Decrease your depression, anxiety, and guilt/shame
- Improve your day-to-day living

Topics Covered During CPT

- The meaning of the traumatic event(s)
- Identification of thoughts and feelings
- Trust issues
- Safety issues
- Issues of power and control
- Esteem issues
- Intimacy issues

What Happens in CPT?

CPT lasts around 12 therapy sessions (50 minutes each) during which individuals will:

- Get information on common reactions to trauma
- Identify and challenge unhelpful thoughts with structured therapy sessions
- Complete regular out-of-session practice assignments to apply what has been discussed in therapy sessions

For more information about whether CPT is right for you, please talk to your therapist.

Information taken from CPTforPTSD.com



INVENTIVE COUNSELING

E.J. has received instruction by Dr. Patricia Resick, developer of CPT through the CPT Training Program. If you feel this type of treatment could benefit you, please call or email me for a consultation today.

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