

# The Benefits of Cognitive Processing Therapy for PTSD

Friday, December 8, 2023 10am-12pm

Virtual

Cognitive Processing Therapy (CPT), an evidence-based practice for the treatment of PTSD, offers a research-backed, curriculum-based therapy to guide individuals to relief from symptoms and healing from trauma. CPT has its roots in cognitive therapy and has been proven effective with co-occurring disorders, including depression, anxiety, personality disorders and substance use. In addition, it can be utilized to help individuals across diverse psychosocial histories with groups or individuals.

## Objectives:

1. Participants will understand the development of CPT and its connection to cognitive therapy.
2. Participants will be able to identify appropriate treatment considerations for CPT.
3. Participants will be able to name the 10-12 session goals for CPT.
4. Participants will understand alternatives in delivery and special considerations for CPT.

## Schedule:

10-10:10am	Introductions, review of objectives
10:10-10:40am	Development of CPT & how it became an Evidence-Based Practice
10:40-11am	Considerations before starting CPT
11-11:30am	Review of the 10-12 sessions goals for CPT
11:30-11:50am	Special Considerations
11:50am-12pm	Review, Wrap-up, Questions

## References:

Resick, P.A., Monson, C.M., & Chard, K.M (2017). *Cognitive Processing Therapy for PTSD: A Comprehensive Manual*. New York, NY: Guilford Press.

<https://www.apa.org/ptsd-guideline/treatments/cognitive-processing-therapy>

<https://beckinstitute.org/cbt-resources>