

# The Benefits of Cognitive Processing Therapy

## for PTSD

CPT is an evidence-based practice for the treatment of PTSD and 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. In addition, it can be utilized to help individuals across diverse psychosocial histories with groups or individuals.

### Presenter

*Jill Perry, MS, LPC*

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*10am - Noon*

*Zoom Platform*



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