

# COGNITIVE PROCESSING THERAPY (CPT)

A short-term, evidence-based, therapy that helps individuals recover from Post-Traumatic Stress Disorder (PTSD) and related problems

## **How Does it Work?**

CPT teaches individuals to recognize the negative thoughts created by trauma. In CPT, these thoughts are called “stuck points” because they get in the way of recovery from PTSD. By definition, stuck points are less than 100% accurate, and CPT works by teaching individuals how to think through their stuck points and consider more balanced and flexible perspectives.

## **What Is the Focus?**

Research shows that individuals who complete CPT develop a noticeable improvement in PTSD symptoms such as intrusive memories of the trauma, avoidance of trauma-related stimuli, numbing and negative changes in, and changes in reactivity and arousal. CPT is successful with individuals presenting with a wide range of co-occurring conditions, including depression, substance abuse, personality disorders, and traumatic brain injury. CPT also helps with symptoms of depression, hopelessness, guilt, anger, dissociation, occupational function, social/leisure involvement, intimacy/sexual concerns, and suicidal thoughts.

CPT Sessions are Recovery-focused and Assist Individuals to:

- Learn about PTSD
- Identify negative thoughts and feelings
- Learn skills to evaluate their thinking in ways that promote and maintain recovery
- Consider alternate views of the trauma, yourself, and the world
- Address themes of safety, trust, power/control, esteem, and intimacy
- Recover in weekly or bi-weekly sessions with home practice in-between sessions

**REFLECT:** Improve your understanding about PTSD; examine the impact of the trauma on thoughts and feelings; and decrease avoidance and emotional numbing

**REDEFINE:** Learn skills to evaluate thinking; and consider alternative viewpoints of the trauma, oneself, and the world

**RECOVER:** Reduce distress, feelings of anxiety, anger, guilt, and shame and improve day-to-day living

**For More Information,  
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*You may also visit:*

- [www.cptforptsd.com](http://www.cptforptsd.com)
- <https://www.apa.org/ptsd-guideline/treatments/>