

★ What It Is ★

Cognitive Processing Therapy (CPT) is a research-supported, short-term therapy to address symptoms of Post-Traumatic Stress Disorder (PTSD).

★ How It Works ★

CPT targets ways of thinking that might keep you “stuck” in your PTSD. CPT works by teaching you how to think through your stuck points and consider new, more balanced ways of thinking. CPT is typically 12 weekly sessions.

★ What It Helps ★

CPT is an effective treatment for PTSD. It is considered a “Gold Standard” treatment, meaning that it has the highest level of research evidence to support its use.

Counseling Sessions Focus On

- Identifying negative thoughts and feelings
- Learning skills to evaluate your thinking
- Considering alternate views of the trauma, yourself, and the world

Goals Include

- Feeling the natural emotions associated with the traumatic event
- Recognizing inaccurate and unhelpful trauma-related thoughts
- Developing skills that can be used in the future to promote recovery and effective coping



Ask your clinician
about CPT today

