

Changes between Previous CPT Manual and Manual Issued in May 2014

This is a page-by-page description of changes between the two manuals. Overall, there are not so many changes to suggest you must reprint the entire thing. The majority of changes you can read digitally and then refer to them as needed without needing to reprint. If, in my opinion, the change is big enough that you will likely want to reprint the page, I will delineate this with asterisks. This is usually only if they are sheets you likely use while in session with the patient.

Some of the changes described below are very minor, to the point you may ask why I included them. They are included because I have promised to include everything for those who are concerned about changes. Sometimes on handouts very minor changes make the handouts look slightly different. If the change is only because margins slightly changed but no wording changes, I did not include it below. If there was wording changes, I did include it so you can be assured if the shift was because of any change in the written content.

Throughout, there are very minor grammatical and spacing changes that may be numerous enough on a page to push things to another page number between the old and new manuals.

List of Differences Between Manuals:

- Table of Contents: The page numbers are understandably off. The optional bereavement section has been removed.
- Page 14 – Last paragraph: part of a sentence was removed that described some DSM-4-TR diagnostic criteria.
- Page 16 – 2nd paragraph: Clarified using CPT/CPT-C with dissociation concerns. Not drastically different between manuals, but better clarified.
- Page 23, point #7: Added using PHQ-9 as a depression scale that can be used when tracking patient progress. From here forward through rest of manual, also changes using PCL-S to PCL-5
- Page 23, point #7: there is a difference between manuals in the page break, spanning this break there is additional information about what to do if you are not seeing significant score reduction about ½ way through treatment.
- Page 24: The optional bereavement section was removed.
- Page 24: Added a section on TBI and the Modified Forms
- Page 24: Added section (#9) on supplementary Help Sheets, specifically the stuck point help sheets.
- Page 25: Session 2a removed from list of sessions
- *** Page 28: Session 1 Summary Page - # 2 where it outlines PTSD symptoms reflect changes in DSM-5, adding the additional cluster.
- Pages 30-31: The descriptions on how to introduce PTSD symptoms have been modified to reflect DSM-5 changes.

- Page 34 in New Manual: Added a paragraph at the end of section 3 (carried over from previous page) recommending you use “patient accessible language” when explaining accommodation/over-accommodation/assimilation, and not using those specific terms.
- Page 35, last paragraph under “Brief Review...” section carried over from prior page: Clarified how to pick most traumatic event and added information about why this is important. Also added information about the possibility of writing about multiple traumas.
- Page 36 New Manual/Page 35 Old Manual, last paragraph under “Therapy Rationale, Stuck Points”: Changed protocol a bit – you no longer give them the actual stuck point log in session 1. You instead give them the Stuck Point Handout. The stuck point log is given to them now in session 2 where you start identifying them together instead of the patient trying to identify them while they are writing their impact statement.
- Page 37: Practice Assignment: Removed “continue adding to the list of your own stuck points on the log.” This is now started in session 2.
- Page 39: Minor word changes on PTSD Handout.
- ***Page 42 Old Manual: Stuck Point Log Removed. (maybe not reprint, but move to session 2)
- Page 47: Section stating “Review Stuck Point Log” is now “Build Stuck Point Log.” But the paragraph under this does not significantly change.
- ***Page 52: PCL-5 replaces PCL-S (here and throughout rest of manual)
- ***Page 53: Stuck Point Log added (maybe not reprint, but move to this new location)
- ***Page 60: Change to Session 3 Summary Sheet.
 - Session 2a information at top removed
 - #4, added completing an ABC sheet about the homework assignment of the first written account.
- Page 64, Introduction to the Trauma Account: in beginning of first paragraph, added information about clarifying if session 1 index trauma is the event causing patient the most distress, and what to do if there are multiple trauma accounts identified.
- Page 65, Introduction to the Trauma Account: added paragraph at the end suggesting to do an ABC sheet to examine thoughts about the written account assignment, and using this to work through potential barriers.
- Page 79: Added paragraph at the end of the instructions for the practice assignment section discussing having the patient writing about an additional trauma if necessary.
- ***Page 90 in New Manual, 91 in Old Manual: New Challenging Questions Worksheet. Some changes/clarifications in wording.
- ***Pages 91+, the example sheets for CQW: Updated to reflect wording changes.

- ***Page 102 in New Manual, 101 in Old Manual: New Patterns of Problematic Thinking Worksheet. Very minor wording changes on “Jumping to conclusions” and “Emotional reasoning.” But may want to print out updated form to stay consistent.
- ***Pages 103-104 in New Manual: Examples of Patterns of Problematic Thinking Worksheet updated to reflect wording changes.
- ***Page 114 in New Manual, 113 in Old Manual: New Challenging Beliefs Worksheet, wording changes to reflect changes in previous worksheets. There are new CBW’s from now on in the homework section of each session in the manual. You will want to change them out as well. They are in the old manual on pages 132, 144, 156, 170, and 185.
- ***Pages 115-120 in New Manual: Examples of CBW reflecting wording changes on form.
- Page 147 New Manual/146 Old Manual: slight wording change in 2nd page of Power/Control Handout second box set, left hand box. Simply removed “In order” before “to regain a sense of control”.
- Page 148 New Manual/147 Old Manual: slight wording change in second box set, left hand box. Removed “in order” before “for you to avoid”.
- ***Page 185 New Manual/183 Old Manual: New Patterns of Problematic Thinking form
- ***Page 186 New Manual/184 Old Manual: New Challenging Questions Worksheet
- Page 187 New Manual/186 Old Manual: 2nd paragraph under “CPT Without the Trauma Account” – First sentence has changed. Removed “Because the above results need to be replicated, and because the first study with veterans used the full CPT protocol” and replaced with “Because the studies with Veterans have used the full CPT Protocol”. This is because further studies have been done and are referenced within that new sentence. Also in this paragraph, the last sentences have been slightly modified. In the new manual, “We recommend giving Veterans the choice between CPT and CPT-C, because it can serve to enhance motivation” has been added.
- Page 188 New Manual/187 Old Manual: CPT-C Outline – Session 1 description in New Manual has removed “and complete Stuck Point Log.”
- Page 188 New Manual/187 Old Manual: CPT-C Outline – Session 2 description in New Manual has changed slightly to reflect that you are now identifying stuck points and adding them to the Stuck Point Log.
- Page 190 in New Manual/189 in Old Manual: Paragraph on Optional Bereavement Session is removed in the New Manual.
- Page 190-201 in Old Manual: Session on optional bereavement removed.
- New Manual – Appendix B: Literature on CPT: Updates to include more recent research.