CPT for PTSD Group

[Enter Clinic Name Here]

*What is CPT?*

Recommended by the DoD/VA, Cognitive-Processing Therapy (CPT) is very effective for the treatment of Posttraumatic Stress Disorder (PTSD). Recovering from traumatic events and managing symptoms of PTSD can be difficult. CPT establishes a deeper understanding of how the traumatic experiences changed the way you think about yourself and the world. CPT addresses these thoughts that might keep you “stuck” and get in the way of recovery. With CPT, you will focus on more effective ways of managing these thoughts and beliefs. In addition, you will recognize how your feelings and behaviors have been influenced and can change.

If you decide to participate in CPT for PTSD, you will:

* *learn about PTSD including its causes, symptoms, and the reasons you continue to have symptoms*
* *begin to identify beliefs about your trauma and work to change unhelpful thoughts*
* *complete practice assignments or worksheets to help develop and apply the skills you learn*

CPT for PTSD usually requires 12 weekly group sessions that are 90 minutes in length.

*Proven Results*

The (enter MTF MH Clinic name here) Clinic has been collecting local data for our CPT for PTSD group. Results indicate that people who attend and complete a full course of this group reported a (enter % improvement in your group outcome measure scores here; i.e., 40% reduction in PTSD symptoms as measured by the PCL-5).

(Instructions on how to edit chart:

1. Double click on chart
2. Design- Click on Edit data
3. Enter average Pre-score for group (baseline score on outcome measure such as PHQ-9)
4. Enter average Post-Score for group (scores on outcome measure upon completion of group))

*Testimonials*

*“Enter past participant testimonial here.” – Anonymous, Military branch, rank*

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*Group Information*

Date/Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To sign up for the group, speak with your provider or the front desk staff!