

WHAT IS...

# Cognitive Processing Therapy

CPT is an evidence-based trauma treatment offered at the Center for Survivors.

Research has shown this short-term therapy reduces symptoms of PTSD including:

- Nightmares
- Flashbacks and unwanted memories
- Feelings of shame or guilt
- Reactions to triggers
- Feelings of isolation
- Difficulty concentrating
- Sleep difficulties

**Feeling overwhelmed or stuck?  
Worry you'll never get past it?**

12 weeks of structured individual therapy that can:

- Get you "unstuck" and back to your life
- Explore themes of safety, trust, power & control, esteem, and intimacy
- Equip you with skills to challenge unhelpful thoughts

CPT involves regular outside of session practice activities. CPT does not require sharing details of the traumatic event.

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