

ARE YOU STRUGGLING WITH THE EFFECTS OF A TRAUMATIC EVENT?



TAMIU STUDENT COUNSELING SERVICES CAN HELP

What is Cognitive Processing Therapy?

Cognitive Processing Therapy (CPT) is an evidence-based, weekly treatment for post-traumatic stress disorder (PTSD) that helps people recognize how trauma has changed their view about themselves, others, and the world. Most people who complete CPT show a noticeable improvement in PTSD symptoms.

CPT has four main parts:

- 1 Education about PTSD and CPT
- 2 Processing the impact of the trauma
- 3 Learning to challenge thoughts about the trauma
- 4 Addressing trauma related themes

Interested in receiving CPT treatment?

- ❑ Must be an enrolled TAMIU student
- ❑ Participants must be 18 years or older
- ❑ Screening is required to determine eligibility
- ❑ Interested individuals should contact TAMIU Student Counseling Services to schedule an initial consultation.