



## Cognitive Processing Therapy Worksheet

Read the information provided in the worksheet carefully.

### Techniques of CPT

- **Psychoeducation:** Therapist tells the client about PTSD and CPT in detail. The therapist will most likely inquire about the client's symptoms and discuss their treatment goals.
- **Understanding Thoughts and Feelings:** The client will have a better understanding of how he thinks and feels about his trauma, as well as how he may be stuck in ideas that are harming him. He and the therapist will work together to identify and analyse his irrational thoughts.
- **Learning new skills:** Clients will learn to examine and challenge their own views and feelings in this phase, as well as explore how they would like to think about the trauma. They will be taught cognitive coping methods by the therapist.
- **Changing Your Beliefs:** After teaching coping skills, clients would be able to learn to handle stressful situations and emotions. The therapist will help the clients with esteem, intimacy, power, safety and trust.

### Disorders in which CPT can help

- Post Traumatic Stress Disorder (PTSD)
- Anger
- Anxiety
- Cognitive distortions
- Depression
- Dissociation
- Guilt
- Hopelessness
- Problems coping

- Psychological distress
- Sleep disturbances

## References

[Asmundson, G. J. G., Thorisdottir, A. S., Roden-Foreman, J. W., Baird, S. O., Witcraft, S. M., Stein, A. T., Smits, J. A. J., & Powers, M. B. \(2019\). A meta-analytic review of cognitive processing therapy for adults with posttraumatic stress disorder. \*Cognitive behaviour therapy\*, 48\(1\), 1–14. <https://doi.org/10.1080/16506073.2018.1522371>](#)

[Resick, P. A., Monson, C. M., Chard, K. M. \(2016\). \*Cognitive Processing Therapy for PTSD: A Comprehensive Manual\*. United States: Guilford Publications.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.