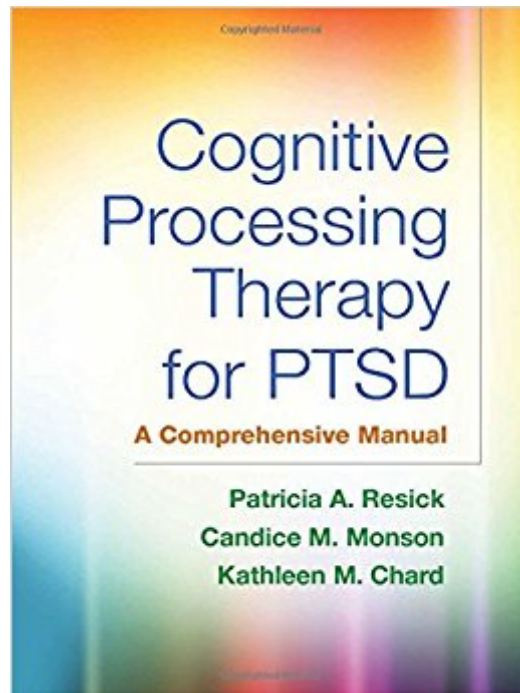




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Cognitive Processing Therapy For PTSD: A Comprehensive Manual



Synopsis

The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD). Written by the treatment's developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual assault survivors, and culturally diverse clients. The large-size format facilitates photocopying and day-to-day use. Purchasers also get access to a Web page where they can download and print the reproducible materials. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, the International Society of Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE) as a best practice for the treatment of PTSD.

Book Information

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Customer Reviews

"This indispensable book from three of the top experts in the world presents everything you could possibly want to know about CPT. Beginning with a strong theoretical chapter and moving deftly to a comprehensive review of published clinical trials, this very accessible work considers moderators of treatment, how to address comorbid conditions, patient preparation, and the CPT therapeutic process. The centerpiece of the book is the CPT manual, which offers superb guidance to any practitioner who wishes to utilize this powerful therapeutic approach."--Matthew J. Friedman, MD,

PhD, Senior Advisor, National Center for PTSD, U.S. Department of Veterans Affairs; Professor of Psychiatry and Pharmacology and Toxicology, Geisel School of Medicine at Dartmouth "A long-awaited resource for clinicians working with patients with PTSD. Experienced and new clinicians will find this book an unparalleled guide for delivering every step of CPT. This is one of the most detailed and practical PTSD treatment guides available."--Richard A. Bryant, PhD, Scientia Professor, School of Psychology, University of New South Wales, Australia "An impressive trio of experts, Resick, Monson, and Chard have created a state-of-the-art manual for CPT, currently considered a critical skill for clinicians. CPT is one of the few treatments for PTSD that have been consistently empirically validated. This book offers the fundamentals to literally change the lives of trauma survivors. Containing step-by-step instruction, troubleshooting tips for common hurdles, and guidance for treating specific populations, this manual is essential equipment for mental health providers of all stripes."--Carrie H. Kennedy, PhD, ABPP, Medical Service Corps, U.S. Navy "Without question, this is the single best source on CPT. In addition to providing a treatment manual, the authors present a comprehensive theoretical overview and data supporting CPT's effectiveness. This book should be on the desk of any clinician who aims to deliver evidence-based treatment for PTSD."--Bret A. Moore, PsyD, ABPP, former military psychologist

Patricia A. Resick, PhD, ABPP, is Professor of Psychiatry and Behavioral Sciences at Duke University. She began developing and testing cognitive processing therapy (CPT) in 1988 at the University of Missouri-St. Louis, where she founded the Center for Trauma Recovery and was an Endowed Professor, and subsequently has worked with Candice M. Monson and Kathleen M. Chard to refine and further test the approach. Dr. Resick has served as president of the International Society for Traumatic Stress Studies (ISTSS) and the Association for Behavioral and Cognitive Therapies (ABCT). She is a recipient of the Robert S. Laufer Memorial Award for Outstanding Scientific Achievement in the field of traumatic stress from the ISTSS, the Leadership Award from the Association of VA Psychologist Leaders, the Outstanding Contribution by an Individual for Educational/Training Award from the ABCT, and the Lifetime Achievement Award from Division 56 (Trauma Psychology) of the American Psychological Association. Candice M. Monson, PhD, is Professor of Psychology at Ryerson University in Toronto, Ontario, Canada. A Fellow of both the American and Canadian Psychological Associations, she is a recipient of the Traumatic Stress Psychologist of the Year Award from the Canadian Psychological Association, the Distinguished Mentorship Award from the International Society of Traumatic Stress Studies, and the Award for Excellence in Professional Training from the Canadian Council of Professional

Psychology Programs. Dr. Monson is well known for her research on interpersonal factors in traumatization and the development, testing, and dissemination of treatments for posttraumatic stress disorder (PTSD), including cognitive processing therapy and cognitive-behavioral conjoint therapy for PTSD. Kathleen M. Chard, PhD, is Associate Chief of Staff for Research at the Cincinnati Veterans Affairs (VA) Medical Center and Professor of Psychiatry and Behavioral Neuroscience at the University of Cincinnati. As the VA Cognitive Processing Therapy (CPT) Implementation Director, Dr. Chard oversees the dissemination of CPT to VA clinicians across the United States. She is an associate editor of the Journal of Traumatic Stress and a board member of the International Society for Traumatic Stress Studies. Dr. Chard is a recipient of the Mark Wolcott Award for Excellence in Clinical Care Leadership from the VA and the Æ Æ Heroes of Military Medicine Award from the United Service Organization. Known for her research on dissemination and clinical implementation of evidence-based treatments for civilians and veterans, she is the creator of the CPT for Sexual Abuse manual.

This is the civilian version of their manual for the VA clinicians to use with their clients who suffer from PTSD. This is a manual for clinicians use. This book has all of the clinical trial references and documentation in the first couple chapters and it is impressive. As a psychotherapist I have begun to use this manual with my clients and am experiencing good results so far. I am looking forward to using all of the resources in this manual with all of my clients who suffer from PTSD. I can also see how CPT would be useful for Acute Stress Disorder as well. Maybe even depression.

this rating is more about the supposed ebook version than the content. Purchased this ebook and found that it is not formatted to be an ebook but more like pdf pages where you can not change fonts or other functions like a regular ebook. I would not buy as ebook again and if could would return mine.

As a therapist who has been using CPT prior to this update, I'm thrilled to see some of these revisions and new handouts on stuck points, the star model of trust, responsibility versus blame, etc. it's a great investment for therapists and this treatment has been a game-changer for my clients. Definitely recommend.

Definitely get this if you are a clinician

there are some good approaches in this book with handouts, which is handy. however, i found the organization of the book to be choppy. for example, ch5 has a hand out for stuck points. you have to go to the end of ch 6 to learn about stuck points. furthermore, I am not convinced that cognitive approaches are the only/ best approaches for PTSD. i have had to combine it with mindfulness practices and other body centered and emotional focused techniques for best results.

Needed this for work.

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