



WHAT TO KNOW ABOUT

Cognitive Processing Therapy (CPT) groups

CPT (cognitive processing therapy) is a structured, evidence-based group treatment for PTSD developed by Patricia Resick, delivering the same protocol as individual CPT. It helps you identify and challenge “stuck points,” the unhelpful beliefs about yourself and the world that form after trauma, using structured written worksheets.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit with a PTSD diagnosis, if you're stable enough to engage with written assignments.
- Not for active crisis, or active substance use that would impair engagement.
- Significant dissociation may need extra preparation first. In crisis? Call or text 988.

What it's used for

PTSD across many trauma types: combat, assault, abuse, accidents, and disaster.

Among the most strongly recommended PTSD treatments in the VA/DoD guideline.

WHAT TO EXPECT

- 1 Sessions usually run 90 minutes and follow the CPT protocol closely.
- 2 You'll write an impact statement and keep a stuck point log, with weekly worksheets.
- 3 Disclosure is mostly through writing. You don't need to describe trauma details aloud.

CPT has one of the strongest evidence bases in trauma treatment.

- A landmark 2005 study found group-plus-individual CPT **reduced PTSD, depression, and dissociation**, holding at one-year follow-up.¹
- A 2023 meta-analysis found large effects for PTSD reduction among veterans and military personnel.²

MAKING THE MOST OF IT

- **You set the pace.** You're never required to share trauma details.
- **Do the worksheets.** Stuck points shift through the writing.
- **Name what helps.** Tell the facilitator your grounding needs.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1 Is the leader trained in CPT, and through which program?
- 2 Is this full CPT, or the cognitive-only version (CPT-C)?
- 3 Is it a closed 12-session cohort? When does it start?

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If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Cognitive Processing Therapy (CPT) groups · references keyed to the numbers on page 1.

- 1 Chard, K. M. An evaluation of cognitive processing therapy for PTSD related to childhood sexual abuse. *Journal of Consulting and Clinical Psychology* (2005).
- 2 Raines, A. M., et al. Cognitive processing therapy: a meta-analytic review among veterans and military personnel with PTSD. *Cognitive Therapy and Research* (2023).

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