

*APPENDIX B*

*Descriptors of the 12 Sessions of Cognitive Processing Therapy (CPT)<sup>1</sup>*

1. Introduction and Education
2. Meaning of the Event (impact statement)
3. Identification of Thoughts and Feelings (ABC)
4. Remembering Traumatic Events (accounts)
5. Remembering Traumatic Events
6. Challenging Questions
7. Patterns of Problematic Thinking
8. Challenging Beliefs Worksheet (CBW) & Safety Issues
9. Trust Issues
10. Power/Control Issues
11. Esteem Issues
12. Intimacy Issues and the Meaning of the Event

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<sup>1</sup> Resick, Patricia A., Ph.D., Kathleen M. Chard, Ph.D., and Candice M. Monson, Ph.D. "CPT Resources." Cognitive Processing Therapy. 2016. <http://cptforptsd.com/cpt-resources/>.