



Expanding the Frame Beyond Weekly Psychotherapy: Research and Clinical Application of Innovative Delivery Methods for Cognitive Processing Therapy for PTSD

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Traditional treatment model



"He's still in therapy."



Why
compress
treatment
for PTSD?



Remember PTSD is a
disorder of avoidance

**RETURN
TO
SERVICE**

UNIT REPAIRED

Massed PTSD Treatment

Myth

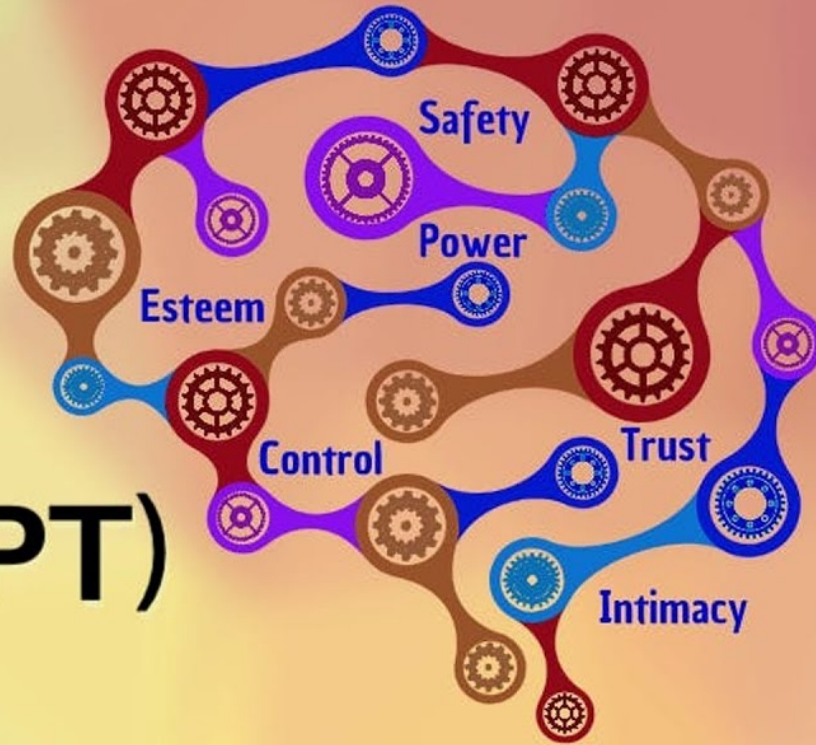
Massed treatment will not be tolerated well by patient

Patient's will not be willing to do frequent sessions

Facts

- Studies have demonstrated similar or higher levels of efficacy to regular outpatient therapy
- Fewer adverse events reported in massed treatment condition
- Lower level of drop out observed
- Faster symptom relief

Cognitive Processing Therapy (CPT)



COGNITIVE PROCESSING THERAPY (CPT) IS...

a short-term,
evidence-based
treatment for PTSD

a specific protocol
that is a form of
cognitive-behavioral
treatment

predominantly
cognitive and may or
may not include a
written account

a treatment that can
be conducted in
groups or
individually

So how does CPT work?

Challenging avoidance.

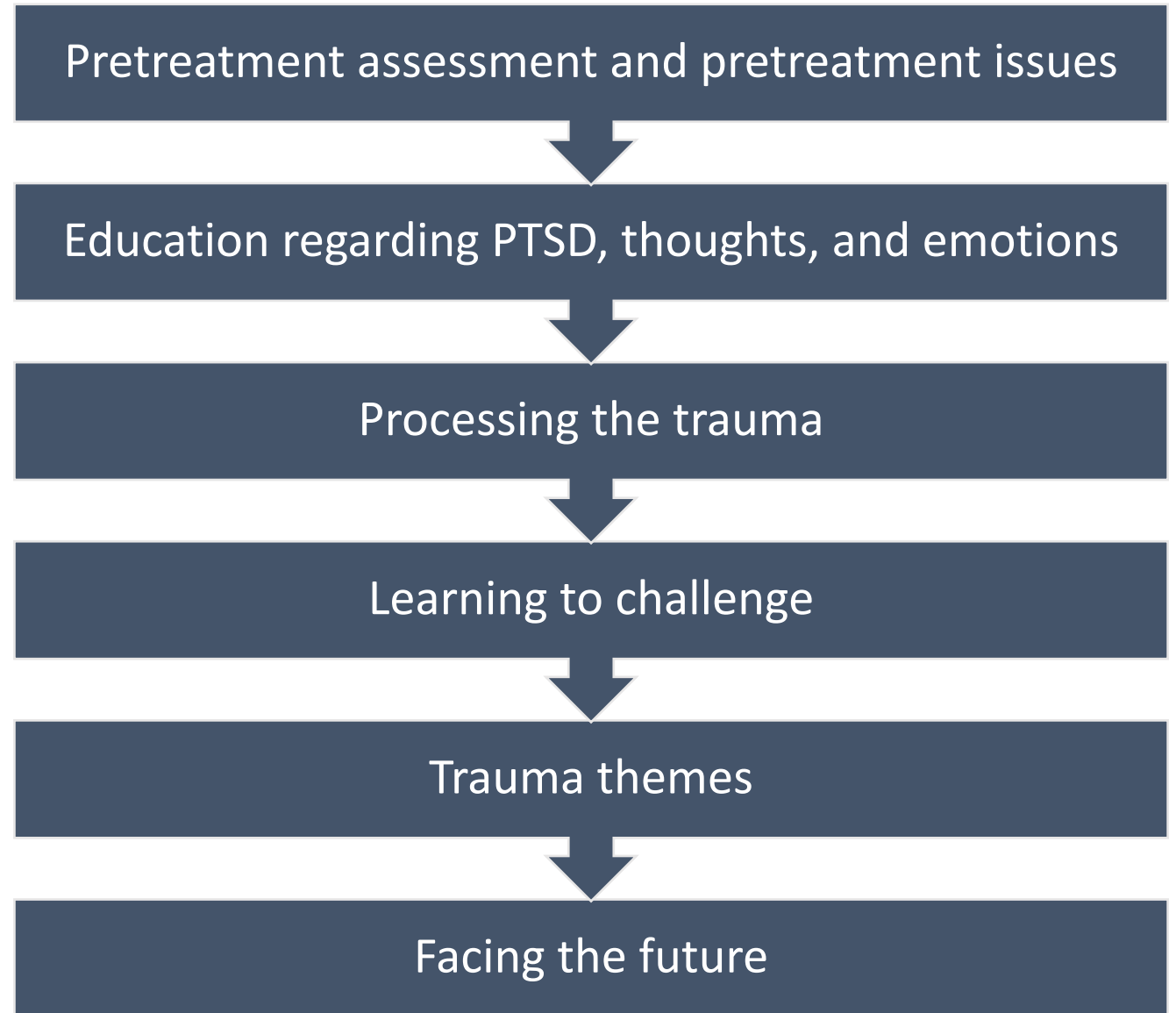


Dissipation of natural emotions.

Changes in interpretation about the event changes manufactured emotions (no habituation required).

Clients learn not to over-generalize their thinking about a single/multiple bad event(s) to all people or themselves as people (just because an event has bad consequences, it doesn't have to have big implications).

PHASES OF TREATMENT



What do we know? Massed CPT Delivery

- Studies have examined a 1-week, 2-week and 3-week model of massed delivery of CPT
- Overall
 - Significant improvement in PTSD symptoms post-treatment
 - High rates of treatment completion (91-96%)
 - Low rates of adverse events reported
 - Feasible
 - Rapid PTSD symptom reduction



Individual CPT

1 Week

	Day 1	Day 2	Day 3	Day 4	Day 5
9:00 AM	Session 1	Session 4	Session 6	Session 9	Session 12
10:00 AM	Practice	Practice	Practice	Practice	
11:00 AM	Session 2	Session 5	Session 7	Session 10	
12:00 PM	Lunch	Lunch/Practice	Lunch	Lunch	
1:00 PM	Practice	Extra Session if needed	Practice	Practice	
2:00 PM	Session 3		Session 8	Session 11	
3:00 PM					
4:00 PM					

Individual CPT 2 Weeks



This American Life Archive Recommended How to Listen About

682 | August 23, 2019

Ten Sessions

What if someone told you about a type of therapy that could help you work through unhealed trauma in just ten sessions? Some people knock through it in two weeks. Jaime Lowe tried the therapy—and recorded it.

[Download](#) | [Transcript](#) | [f](#) [t](#) [u](#)

	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4	Day 5
9:00 AM	Session 1	Session 2	Session 3	Session 4	Session 5
	Day 6	Day 7	Day 8	Day 9	Day 10
9:00 AM	Session 6	Session 7	Session 8	Session 9 & 10	Session 11 & 12



Individual CPT 3 Weeks

	Monday Day 1	Tuesday Day 2	Wednesday Day 3	Thursday Day 4	Friday Day 5
9:00 AM	Session 1	Session 2	Session 3	Session 4	Session 5
	Day 6	Day 7	Day 8	Day 9	Day 10
9:00 AM	Session 6	Session 7	Session 8	Session 9	Session 10
	Day 11	Day 12			
9:00 AM	Session 11	Session 12			

4 patients	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am-8:30am	Questionnaires	Questionnaires	Questionnaires	Questionnaires	Questionnaires
8:30am-10:00am	Group: CPT 1	Group: CPT 3	Group: CPT 6	Group: CPT 9	Group: CPT 11
10:00am-11:00am	Practice	Practice	Practice	Practice	Practice
11:00am-12:00pm	Cohort A - Individual: CPT 2	Cohort A - Practice***	Cohort A - Individual: CPT 7	Cohort A - Practice***	Cohort A - Individual: CPT 12
12:00pm-12:30pm	BREAK	BREAK	BREAK	BREAK	BREAK
12:30pm-1:30pm	Cohort A - Practice	Cohort A - Individual: CPT 4	Cohort A - Practice	Cohort A - Individual: CPT 10	Cohort A - Qual Interviews
1:30pm-2:30pm	Cohort B - Practice***	Cohort B - Individual: CPT 2	Cohort B - Practice	Cohort B - Practice	Cohort B - Individual: CPT 12
2:30pm-4:00pm	Cohort B - Practice	Cohort A - Practice	Cohort A - Practice***	Cohort A - Practice	Cohort B - Qual Interviews
	Free to leave	Group: CPT 5	Group: CPT 8	Free to leave	Graduation (2:30pm-3:00pm)

Group IOP 1 Week

2 Therapists
4 Clients

Group IOP 1 Week

2 Therapists
6 Clients

6 patients	Monday			Tuesday			Wednesday			Thursday			Friday		
8:00am-8:30am	Questionnaires			Questionnaires			Questionnaires			Questionnaires			Questionnaires		
8:30am-10:00am	Group: CPT 1			Group: CPT 3			Group: CPT 6			Group: CPT 9			Group: CPT 11		
10:00am-11:00am	Practice			Practice			Practice			Practice			Practice		
11:00am-12:00pm	Pair A - Individual: CPT 2	Pair B - Practice	Pair C - Practice	Pair A - Practice	Pair B - Individual: CPT 4	Pair C - Practice	Pair A - Individual: CPT 7	Pair B - Practice	Pair C - Practice	Pair A - Practice	Pair B - Practice	Pair C - Individual: CPT 10	Pair A - Practice	Pair B - Individual: CPT 12	Pair C - Practice
12:00pm-1:00pm	Pair A - Practice	Pair B - Individual: CPT 2	Pair C - Practice	Pair A - Practice	Pair B - Practice	Pair C - Individual: CPT 4	Pair A - Practice	Pair B - Individual: CPT 7	Pair C - Practice	Pair A - Individual: CPT 10	Pair B - Practice	Pair C - Practice	Pair A - Practice	Pair B - Qual Interviews	Pair C - Individual: CPT 12
1:00pm-2:00pm	Pair A - Free	Pair B - Practice	Pair C - Individual: CPT 2	Pair A - Individual: CPT 4	Pair B - Practice	Pair C - Practice	Pair A - Practice	Pair B - Practice	Pair C - Individual: CPT 7	Pair A - Practice	Pair B - Individual: CPT 10	Pair C - Free	Pair A - Individual: CPT 12	Pair B - Free	Pair C - Qual Interviews
2:00pm-3:00pm	Pair A - Free	Pair B - Free	Pair B - Practice	Practice			Practice			Pair A - Free	Pair B - Practice	Pair C - Free	Pair A - Qual Interviews	Pair B - Free	Pair C - Free
3:00pm - 4:30pm	Free			Group: CPT 5			Group: CPT 8			Free			Graduation		

Massed CPT Randomized Clinical Trial

- Preliminary results have revealed no difference in outcomes when compressed down. Full day program, done successfully during COVID
- In case study of active duty military, 3 out of 4 participants demonstrated self-reported improvements in PTSD symptoms

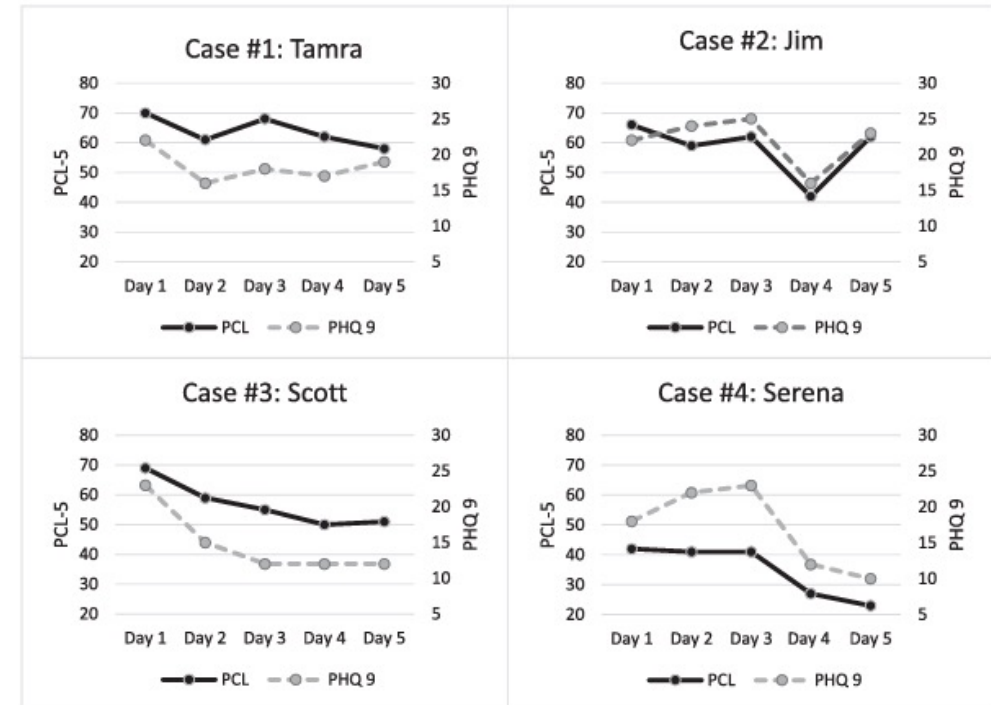


Figure 1. PTSD (PCL-5) and Depression (PHQ-9) Scores During Massed CPT Treatment.

2-week ITP Sample Weekly Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30	Assessments				
8:30-9:00	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Art Therapy
9:00-9:30					
9:30-10:00	Individual CPT	Individual CPT	Individual CPT	Individual CPT	Individual CPT
10:00-10:30	CPT Homework/ Medical Appointments				
10:30-11:00	Lunch/ Case Management				
11:00-11:30	Individual CPT	Individual CPT	Individual CPT	Individual CPT	Individual CPT
11:30-12:00					
12:00-12:30	CPT Homework/ Medical Appointments/ Acupuncture				
12:30-1:00	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
1:00-1:30					
1:30-2:00	Yoga	Yoga	Yoga	Yoga	Yoga
2:00-2:30					
2:30-3:00	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
3:00-3:30					
3:30-4:00	Yoga	Yoga	Yoga	Yoga	Yoga
4:00-4:30					



3 Week Sample ITP Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:00	Assessments				
8:00-8:30	Fitness	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group
8:30-9:00					
9:00-9:30	Group CPT	Group CPT	Group CPT	Group CPT	Group CPT
9:30-10:00					
10:00-10:30					
10:30-11:00					
11:00-11:30	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Fitness	Skills/ Psychoeducation Group	Art Therapy
11:30-12:00					
12:00-12:30	Lunch/ Case Management				
12:30-1:00					
1:00-1:30	Individual CPT	Individual CPT	Individual CPT	Individual CPT	Individual CPT
1:30-2:00					
2:00-2:30	CPT Homework/ Medical Appointments/ Acupuncture	CPT Homework/ Medical Appointments/ Acupuncture	CPT Homework/ Medical Appointments/ Acupuncture	CPT Homework/ Medical Appointments/ Acupuncture	CPT Homework/ Medical Appointments/ Acupuncture
2:30-3:00	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
3:00-3:30					
3:30-4:00					
4:00-4:30	Yoga	Yoga	Yoga	Yoga	Yoga

(Zalta et al., 2018)



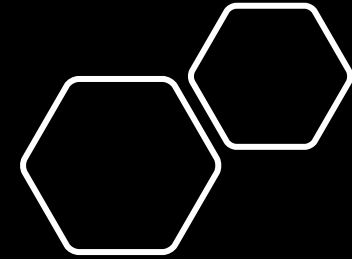
RUSH

More is not
always better

	3-week ITP	2-week ITP
Individual CPT Hours:	13	16
Total Clinical Programming Hours:	104	67
Satisfaction:	94.91%	95.65%
Problem Improvement:	89.42%	85.00%

(Held et al., 2022)

Levels of Behavioral Healthcare



EVERYTHING BUT

The Kitchen

Sink



Can adjunctive services be added?





3 Week Sample ITP Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:00	Assessments				
8:00-8:30	Fitness	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group
8:30-9:00					
9:00-9:30	Group CPT	Group CPT	Group CPT	Group CPT	Group CPT
9:30-10:00					
10:00-10:30					
10:30-11:00					
11:00-11:30	Skills/ Psychoeducation Group	Skills/ Psychoeducation Group	Fitness	Skills/ Psychoeducation Group	Art Therapy
11:30-12:00					
12:00-12:30	Lunch/ Case Management				
12:30-1:00					
1:00-1:30	Individual CPT	Individual CPT	Individual CPT	Individual CPT	Individual CPT
1:30-2:00					
2:00-2:30	CPT Homework/ Medical Appointments/ Acupuncture	CPT Homework/ Medical Appointments/ Acupuncture	CPT Homework/ Medical Appointments/ Acupuncture	CPT Homework/ Medical Appointments/ Acupuncture	CPT Homework/ Medical Appointments/ Acupuncture
2:30-3:00	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
3:00-3:30					
3:30-4:00					
4:00-4:30	Yoga	Yoga	Yoga	Yoga	Yoga

TIME TO ADAPT



Telehealth

- CPT significantly reduces PTSD symptoms when delivered via telehealth and is noninferior to in-person therapy
- Technology considerations
 - Secure file sharing
 - Device compatibility
 - Emergencies

(Moring et al., 2020; Perterson et al., 2022)

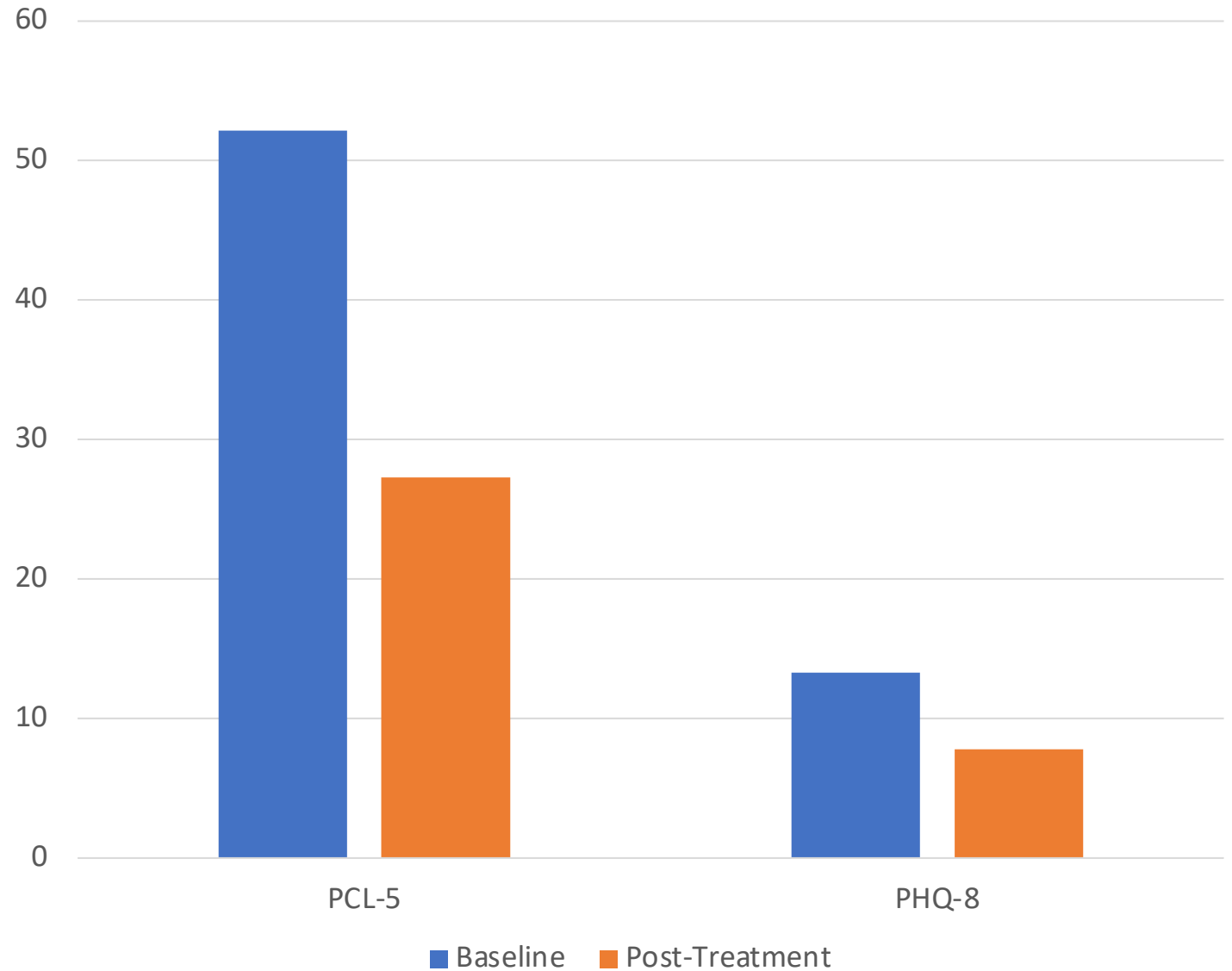




Can CPT be delivered via Text message?

CPT-Text Pilot

- 28 clients began CPT-Text
- Mean days = 46.64 days
(SD = 34.54)



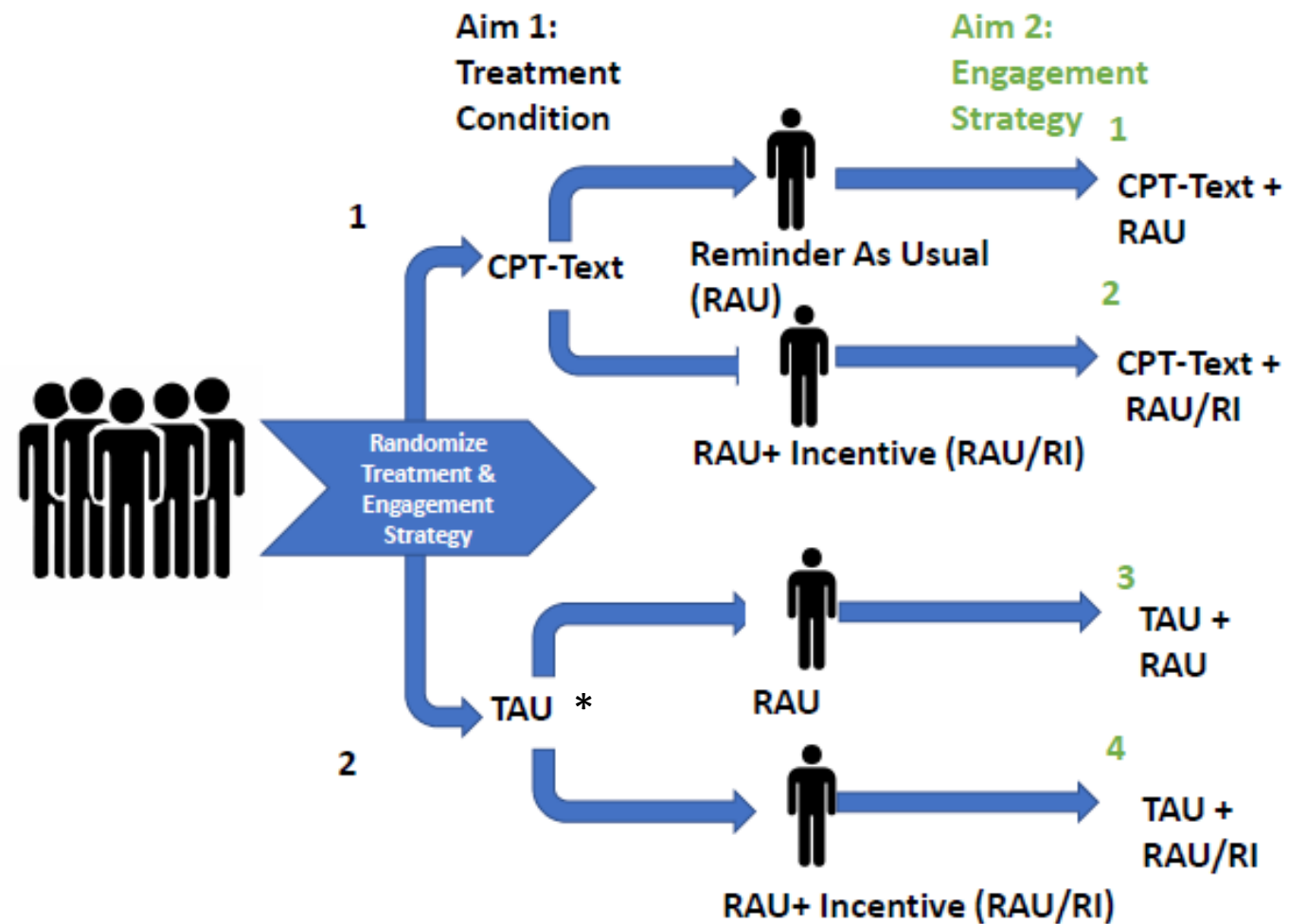
NIMH Funded Research Study

- The COVID-19 pandemic has exacerbated mental health challenges for trauma-exposed individuals.
- There is a pressing need to increase treatment capacity.
- Digital mental health (DwwMH) interventions for posttraumatic stress disorder (PTSD) address well-documented barriers to in-person psychotherapy.
- However, many consumers do not remain engaged.
- Asynchronous texting therapy platforms may facilitate discrete, convenient, and affordable treatment.
- In our pilot of a texting-based format of an evidence-based treatment for PTSD, Cognitive Processing Therapy (CPT-Text), we found CPT-Text was:
 - Feasible to deliver
 - Potentially more effective and efficient relative to text therapy as usual (TAU).



For More Information to refer clients or participate as a therapist: <https://strongstartraining.org/research/>

Trial Design



*TAU=Culturally informed trauma treatment as usual
CPT-Text=Cognitive Processing Therapy adapted for messaging format

CPT-Text Implementation

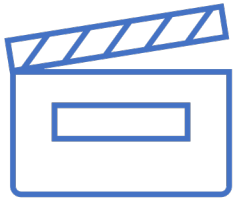
13 Units

PCL-5 and PHQ-9 surveys
sent weekly to clients

Script templates

Videos to deliver
psychoeducation (usually
about 5 minutes each)

Unit 1: Resources



Videos

CPT WORKBOOK

[Welcome](#)

[Cognitive Processing Therapy for PTSD Information Sheet](#)

[PTSD Symptoms handout](#)

[Stuck Point Help Sheet](#)

[Identifying Emotions](#)

[Different Roles and Levels of Intent in the Trauma](#)

Whiteboard Videos

For access:
<https://med.stanford.edu/fastlab/worksheetvideos.html>

How to Fill Out an ABC Worksheet

Identifying Emotions Handout
How to Fill Out an ABC Worksheet

ANGRY
Enraged
Slightly Irritated

ASHAMED
Mortified
Slightly Embarrassed

SAD
In Despair
A Little Down

HAPPY
Amused
Ecstatic

DISGUSTED
Mortified
A Little Turned Off

SCARED
A Little Uneasy
Terrified

Patient: _____

CONSEQUENCE
C
"I feel something"

Put your feeling word here:



CPT Practice

dondanville@uthscsa.edu [Switch account](#)

 Draft saved

* Required

Email *

Your email

 This is a required question

Please enter your Talkspace username: *

Your answer

[Next](#)


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[Clear form](#)



CPT Practice

dondanville@uthscsa.edu [Switch account](#)

 Draft saved

Select the practice assignment

- ABC Worksheet
- Hindsight Bias Worksheet
- Challenging Questions
- Patterns of Problematic Thinking
- Challenging Beliefs Worksheet
- Trust Star

[Clear selection](#)

[Back](#)

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Unit 1: Example Scripts

1-2 Recovery & Fight-Flight

Now that you understand what PTSD is and how you experience it in your own life, please watch the following video. <https://vimeo.com/663155978>

1-3 Recognizing Triggers

After you have watched, send me a text to let me know which aspects you recognize in your own life. Let me know if you notice any places or cues that trigger a fight or flight response for you.

When should I expect to receive these reflections? Do you think you could send them tomorrow?

Traditional In-Person Cognitive Processing Therapy

Therapy

- 12 +/- weekly 50-minute psychotherapy sessions
- Practice: Client completes assignments between sessions and brings to session for review.

Training Model

1. 2-day Workshop (16 hours)
2. ~6-months weekly 1-hour group consultation

42 Hours

6-8 Months

CPT-Text

Therapy

- 13 units, delivered asynchronously on pace with client engagement
- Engagement: Up to 5 days a week
- Psychoeducation through short Whiteboard videos
- CPT-Text scripts
- Practice: Google Sheets accessible immediately by therapist
- Therapists: Review practice daily and trickle content, additional practice, Socratic dialogue

Training

- Previous CPT Workshop
- 1 3-hour workshop designed to introduce the content during practice and consultation
- Simulated text client “Lisa”
- 12 weeks group consultation
- Core Competency ratings

~21 hours

~ 3 months



Questions?

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