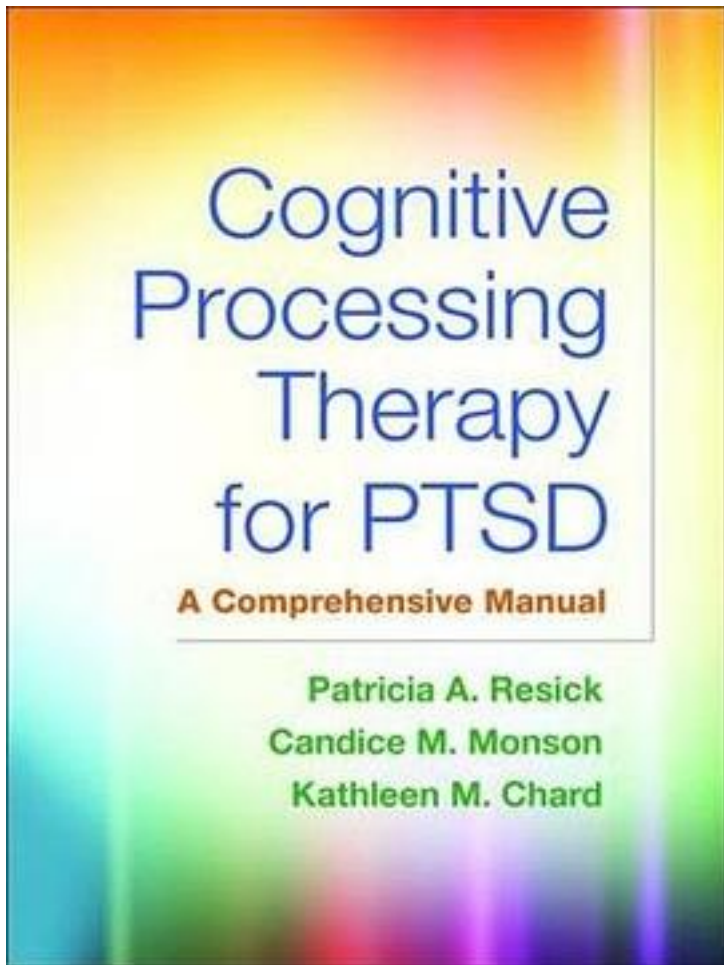


Cognitive Processing Therapy for PTSD: A Comprehensive Manual



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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.

作者介绍:

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标签

PTSD

评论

这个方法是APA推荐治疗PTSD的，我没有逐字逐句地细读，但是快速地通读了一遍，重点放在了治疗的框架、进展思路和所使用的工具上。大概可以了解它是如何解决问题的。认知行为对症状改变确实是有用的。

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书评

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