

Cognitive Processing Therapy (CPT)

Strengthening the mental health workforce. **Changing children's lives.**

WHAT IS CPT?

Cognitive Processing Therapy (CPT) is an evidence-based treatment for people 14 and older with posttraumatic stress disorder (PTSD). CPT helps people recognize how trauma has changed their view about themselves, others, and the world, and helps them develop new, more balanced perspectives.

- Average length of treatment is **8-14 sessions**, but can vary from person to person
- Teaches individual skills to **challenge unhelpful or unrealistic thoughts** about their traumatic experiences, the world, and themselves

OUTCOMES¹

- **Reduced PTSD** symptoms
- **Decreased depressive** symptoms and **suicidal ideation**
- **Reduced substance use** and associated risk factors
- **Improved physical health** symptoms and **sleep quality**

RETURN ON INVESTMENT

In the United States, 61% of children are affected by violence, abuse, or crime,² putting them at **increased risk** for:

depression,
academic problems,
violent behavior,
substance use,
delinquency,
teen pregnancy,
and other emotional-behavioral challenges.

Lifetime costs of childhood maltreatment are estimated at **\$210,012** per case.³

SERVICE DELIVERY

CPT has been successfully integrated into **outpatient** mental health services, **residential** programs, **intensive outpatient** programs, and specialty programs including substance abuse programs. CPT can be implemented in an individual or group format.

The North Carolina Child Treatment Program (NC CTP) offers 1-2 training cohorts per year in CPT. Training cohorts are 9 months long and consist of face-to-face learning sessions and faculty consultation.

With funding from:



Mental Health,
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HEALTH AND HUMAN SERVICES

¹ Resick, P.A., et al. (2024). State of the science of Cognitive Processing Therapy. *Behavior Therapy*.

² Finkelhor, D., et al. (2010). *Trends in childhood violence and abuse exposure: Evidence from 2 national surveys*.

³ Fang, X., Brown, D. S., Florence, C. S., & Mercy, J. A. (2012). *The economic burden of child maltreatment in the United States and implications for prevention*.