

Dr. Lorin J Young, Psychiatry

Cognitive Processing Therapy Group

Cognitive Processing Therapy (CPT) is a structured therapy for post-traumatic stress disorder (PTSD). It is effective for various types of trauma. CPT generally consists of 12 sessions and can be conducted individually or in group.

The goals of CPT are to

- Become more aware of the relationship between thoughts and emotions,
- Learn how to challenge and modify unhelpful beliefs related to trauma, and
- Develop a new understanding of the trauma(s).

Group structure:

- Start date June 2021, on Thursday afternoons, for 12 weeks
- Each session will be 1 hour and 30 minutes on Zoom (a virtual platform)
- 6-8 participants

In order to participate in this group, you will need to

- Have participated in skills groups at Amelia Rising, in order to learn strategies for grounding, self-care, and distress tolerance,
- Be assessed by the facilitator, Dr. Young, to establish or confirm a diagnosis of PTSD, and
- Be able to participate in the 12 weeks of group,
- Have access to a device (computer, pad, smartphone) and highspeed internet.

Please note that referrals for the group will be accepted up to mid-April.

If you are interested in participating, please let your primary contact at Amelia Rising know and you will be placed in contact with Dr. Young's administrative Assistant, Amber.

Thank you.