Cognitive Processing Therapy (CPT)

- CPT is an empirically supported cognitive-behavioral therapy for posttraumatic stress disorder (PTSD) and related conditions.
- CPT focuses on identifying how traumatic event(s) have affected your thoughts and beliefs.
- CPT will help you understand how your thoughts shape your current feelings and influence your behaviors.
- Research has shown that CPT is effective for treating PTSD in individuals who have experienced many different kinds of trauma, including childhood abuse, rape, and military combat, other traumatic events.

COGNITIVE PROCESSING THERAPY GROUP

An Empirically Supported Treatment for PTSD

Cognitive Behavioral Research & Treatment Program (CBRTP)

Civitan Building
2213 Elba Street
Durham, NC 27705

For more information, contact:
Noga Zerubavel, Ph.D.
Email: noga.zerubavel@duke.edu
Phone: (919) 681-9885
https://sites.duke.edu/trauma/

You are not alone.
The CPT group will include:

- Learning about common reactions to trauma and better understand PTSD
- Developing skills to identify and challenge unhelpful thoughts that keep you stuck in PTSD and are barriers to your recovery
- Completing assignments at home that help you practice and generalize the skills you learn in CPT group
- Gaining tools for addressing unhelpful thoughts and beliefs

The CPT Group will cover topics that are central to recovering from PTSD.

Topics include:

- Exploring the meaning and impact of traumatic experiences
- Identifying thoughts and feelings
- Discussing domains of Trust, Safety, Power and Control, Esteem, and Intimacy

Program details

When you sign up for this program, you can expect to…

- Attend 1 individual assessment session prior to program to make sure that CPT is likely to be helpful for you
- Commit to attending 12 weeks of group sessions
- Commit to completing home practice assignments between sessions
- Most insurance coverage accepted; please contact us with any specific questions
- Our next session will be held on **Thursdays 4-5:30pm, September 14 – December 7** (not meeting on Thanksgiving)

[Note that if this time does not work for you, please consider joining our wait-list to be notified for our next group, which may be held at a different time]

- CPT is also available in individual therapy format, although the wait for individual treatment may be longer.

Noga Zerubavel, Ph.D.

Dr. Noga Zerubavel is the Director of the Stress Trauma and Recovery Treatment (START) Clinic in the Cognitive Behavioral Research & Treatment Program at Duke University Medical Center. She specializes in treatment for individuals who have experienced trauma as well as mood, anxiety, and eating disorders. She has clinical expertise in cognitive behavioral and mindfulness-based approaches to psychotherapy and established the mindfulness-based cognitive therapy (MBCT) program at Duke. She is a Quality-rated Provider of Cognitive Processing Therapy.

Kelly LeMaire, Ph.D.

Dr. Kelly LeMaire is part of the Stress Trauma and Recovery Treatment Clinic in the Cognitive Behavioral Research & Treatment Program at Duke University Medical Center. Her clinical expertise is in cognitive behavioral and approaches to psychotherapy and specializes in treatment for individuals who have experienced trauma as well as mood and anxiety disorders. She is passionate about diversity and inclusivity and specializes in multiculturally competent care and LGBTQ concerns.

Healing is possible.