WHAT IS...

Cognitive Processing Therapy

CPT is an evidence-based trauma treatment offered at SAP

Research has shown this short-term therapy reduces symptoms of PTSD including:

- Nightmares
- Flashbacks and unwanted memories
- Feelings of shame or guilt
- Reactions to triggers
- Feelings of isolation
- Difficulty concentrating
- Sleep difficulties

Feeling overwhelmed or stuck? Worry you'll never get past it?

12 weeks of structured group therapy or individual therapy can get you "unstuck" and back to your life.

Try CPT in Individual Therapy or Group
CPT Group

SHOULD I JOIN?

What are the benefits of CPT Group?

- Learn skills to reduce trauma symptoms in an environment of social support
- Listening to peers helps normalize trauma reactions and facilitates connection
- Peers provide support, feedback, and accountability throughout the healing process
- CPT Group reduces PTSD symptoms
- You will not be asked to share your story with the group

If I join, what is expected of me?

- Consistent attendance and timeliness over the 12 week group
- Participation in group discussion
- Complete weekly assignments

Questions?
Ready to join?

Contact MSU SAP!
517-355-3551
go.msu.edu/sap