



INFO SHEET

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What is Cognitive Processing Therapy?

Cognitive Processing Therapy (CPT) is a type of cognitive-behavioural therapy that is used to treat individuals who have experienced trauma. It has over 30 years of research supporting its effectiveness. It has been shown to be effective with single and multiple traumas, and with childhood sexual assault as well as complex presentations. It is based on the idea that the way we think about traumatic events can affect our emotional and psychological well-being.

CPT aims to help individuals identify and change negative thought patterns related to the traumatic event, with the goal of reducing symptoms such as anxiety, depression, and PTSD. The therapy typically involves 12 sessions but can be more, or less. During the therapy the individual works with a trained therapist to explore their thoughts and feelings related to the trauma.

How can the Centre for Clinical Psychology help with Cognitive Processing Therapy?

The Centre for Clinical Psychology is a mental health clinic that offers evidence-based treatments for a range of mental health issues, including Cognitive

Processing Therapy. The Centre's therapists are highly trained and experienced in using CPT to help clients manage the symptoms of trauma.

At the Centre for Clinical Psychology, clients work with their therapist to identify and change negative thought patterns related to the traumatic event. The therapy involves learning skills to challenge and modify unhelpful thoughts, as well as practicing new ways of thinking and behaving.

The Centre for Clinical Psychology offers a safe and supportive environment where clients can work through their trauma and develop the skills and tools they need to manage their symptoms and improve their overall well-being.

If you or someone you know has experienced trauma and is struggling to cope, the Centre for Clinical Psychology can help. To book an appointment, call the clinic on 03 9077 0122 or visit their website at <https://ccp.net.au/booking/> to book online. The Centre's team of experienced therapists is here to support you on your journey to healing and recovery.