

Cognitive Behavioral Therapy for Posttraumatic Stress Disorder (CBT-PTS)

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CBT-PTS is a cognitive behavioral therapy protocol for adults with posttraumatic stress disorder.

Age group: Adults
Length: 11 sessions
3 Handouts
5 Worksheets
8 Homework sheets

Overview

The protocol includes steps for education on the interplay between cognitions (thoughts) and behaviors and emotions, cognitive restructuring, learning multiple thought modification techniques, and homework practice between sessions.

Contents

76 total steps, including 56 core tasks.
CT = core task

SESSION 1: Introduction

- Step 1.1 Introduction and Overview
- Step 1.2 CT Describe posttraumatic stress disorder
- Step 1.3 Grief
- Step 1.4 CT Introduce Roadway Book
- Step 1.5 Preview next week
- Step. 1.6 CT Resistance/Reluctance

SESSION 2 Identification of feelings

- Step 2.1 CT Briefly review the last week
- Step 2.2 CT Test ability to identify Big 4 emotions
- Step 2.3 CT Distribution of emotions
- Step 2.4 CT Internal dialogue and cognitive triad
- Step 2.5 CT Practice the cognitive triad (or wheel)
- Step 2.6 CT Body feelings
- Step 2.7 Resistance/Reluctance
- Step 2.8 Homework

SESSION 3 Coping with reminders

- Step 3.1 CT Briefly review the last week

- Step 3.2 Method 1: Muscle tightness
- Step 3.3 CT Method 2: Slowed breathing
- Step 3.4 CT Method 3: Pleasant place imagery
- Step 3.5 CT Gradations of distress
- Step 3.6 CT Practice Thought – SUDS - Relaxation
- Step 3.7 Resistance/Reluctance
- Step 3.8 Homework. Test drive the rating and exercises

- SESSION 4 Tell the Story
- Step 4.1 CT Briefly review the last week
 - Step 4.2 Rehearse the relaxation techniques
 - Step 4.3 CT Tell the trauma story
 - Step 4.4 CT Use relaxation / distraction methods
 - Step 4.5 CT Stimulus hierarchy
 - Step 4.6 CT Homework
 - Step 4.7 Resistance/Reluctance

- SESSION 5 Easy exposure
- Step 5.1 CT Briefly review the last week
 - Step 5.2 CT Easy exposure
 - Step 5.3 CT Use relaxation / distraction methods
 - Step 5.4 Imaginal exposure
 - Step 5.5 CT Inaccurate thoughts
 - Step 5.6 Explore inaccurate thoughts
 - Step 5.7 CT Cognitive restructuring
 - Step 5.8 Safety Planning
 - Step 5.9 CT Plan homework

- SESSION 6 Medium Exposure
- Step 6.1 CT Briefly review the last week
 - Step 6.2 CT Medium exposure
 - Step 6.3 CT Use relaxation / distraction methods
 - Step 6.4 Imaginal exposure
 - Step 6.5 Inaccurate thoughts
 - Step 6.6 Explore the inaccurate thought
 - Step 6.7 CT Cognitive restructuring
 - Step 6.8 Safety Planning
 - Step 6.9 CT Plan homework

- SESSION 7 Medium exposure repeat
- Step 7.1 CT Briefly review the last week
 - Step 7.2 CT Medium exposure
 - Step 7.3 CT Use relaxation / distraction methods
 - Step 7.4 Imaginal exposure
 - Step 7.5 Inaccurate thoughts
 - Step 7.6 CT Cognitive restructuring
 - Step 7.7 Safety Planning
 - Step 7.8 CT Plan homework

- Step 7.9 Safety homework

- SESSION 8 Worst moment exposure
- Step 8.1 CT Briefly review the last week
- Step 8.2 CT Worst moment exposure
- Step 8.3 CT Use relaxation / distraction methods
- Step 8.4 Imaginal exposure
- Step 8.5 CT Cognitive restructuring
- Step 8.6 Safety Planning
- Step 8.7 CT Plan homework

- SESSION 9 Worst moment exposure repeat
- Step 9.1 CT Briefly review the last week
- Step 9.2 CT Worst Moment exposure
- Step 9.3 CT Use relaxation / distraction methods
- Step 9.4 Imaginal exposure
- Step 9.5 CT Cognitive restructuring
- Step 9.6 CT Review the Roadway Book
- Step 9.7 CT Plan homework

- SESSION 10 Relapse prevention
- Step 10.1 CT Briefly review the last week
- Step 10.2 Learn about relapse prevention
- Step 10.3 CT Possible reminder in the near future
- Step 10.4 CT Check a SUDS
- Step 10.5 CT Plan a response
- Step 10.6 CT Possible reminder in the distant future
- Step 10.7 CT Review the Roadway Book
- Step 10.8 CT Plan homework
- Step 10.9 Preview next week

- SESSION 11 Final review
- Step 11.1 CT Briefly review the last week
- Step 11.2 CT The Roadway Book
- Step 11.3 CT Hand over the Roadway Book

How to cite

Scheeringa, M.S. (2023). *Cognitive-Behavioral Therapy for Posttraumatic Stress Disorder (CBTPTS)*. [Treatment manual]. Metairie, LA