



**CPT Coach** is a **free mobile application**. It was released by the Department of Veterans Affairs (VA) in 2014. CPT Coach is for people who are participating in Cognitive Processing Therapy (CPT) for PTSD. The app offers CPT reading assignments, PTSD symptom tracking, and mobile versions of CPT worksheets. CPT Coach is not meant to replace professional care. However, those in CPT treatment can work together with their provider to use the tools in this app.

## WHAT IS CPT?

Cognitive Processing Therapy (CPT) is a psychotherapy for PTSD. It is one specific type of Cognitive Behavioral Therapy. CPT teaches you how to evaluate and change the upsetting thoughts you have had since your trauma. By changing your thoughts, you can change how you feel.

Your provider will help decide if you will do a version of CPT that involves writing an account of the trauma or a version that does not involve writing a trauma account. The app can be used to support either version.

## PRACTICE ASSIGNMENTS

A key part of being successful at CPT is completing practice assignments that your provider asks you to do between sessions. These assignments can be completed using the CPT Coach app. These assignments may include:

- Writing about the impact the traumatic event has had on beliefs about yourself, others, and the world
- Reading about PTSD and how it can affect your thoughts about trust, safety, and esteem
- Building skills with the app's worksheets to help you learn to identify and address unhelpful thinking

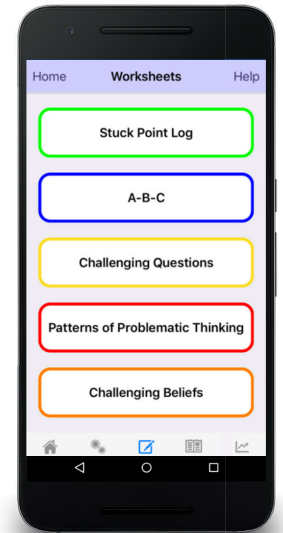
You can set a daily reminder in the CPT Coach app to help you remember to complete assignments.

## STUCK POINT LOG

Stuck Points are conflicting strong negative beliefs that lead to unpleasant emotions and unhealthy behavior. Your provider will help you identify your own stuck points and how to overcome them. You can use the app to log your stuck points and review information and skills taught by your provider.

## ASSESSMENTS

Often, a therapist will ask you to complete a standard set of questions about your PTSD symptoms as a regular part of CPT therapy. This helps to see how you are responding to the therapy. You may complete the PTSD assessments using the CPT Coach app. You can use the app to set a reminder to take the assessments weekly and track your progress over time.



## REFERENCES

- Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07
- Resick, P. A., Monson, C. M., & Chard, K. M. (2016). *Cognitive processing therapy for PTSD: A comprehensive manual*. New York, NY: The Guilford Press.