



COGNITIVE PROCESSING THERAPY

DESCRIPTION

Cognitive Processing Therapy is an evidence-based intervention for the treatment of Posttraumatic Stress Disorder. This intervention combines cognitive techniques with written exposure therapy to address negative affect, intrusive images, dysfunctional thoughts, and avoidance behavior.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Cognitive Processing Therapy** must be delivered by Psychology Services.