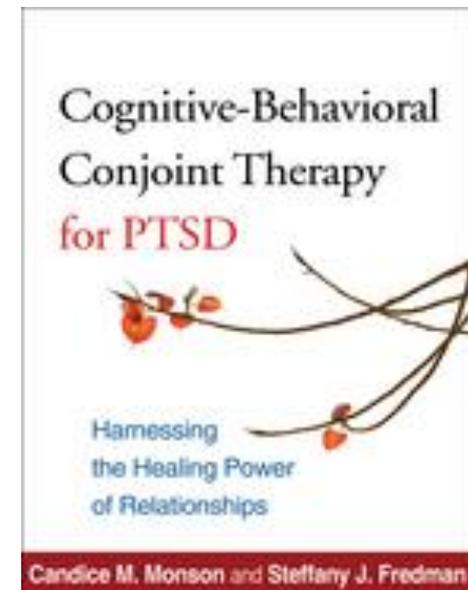
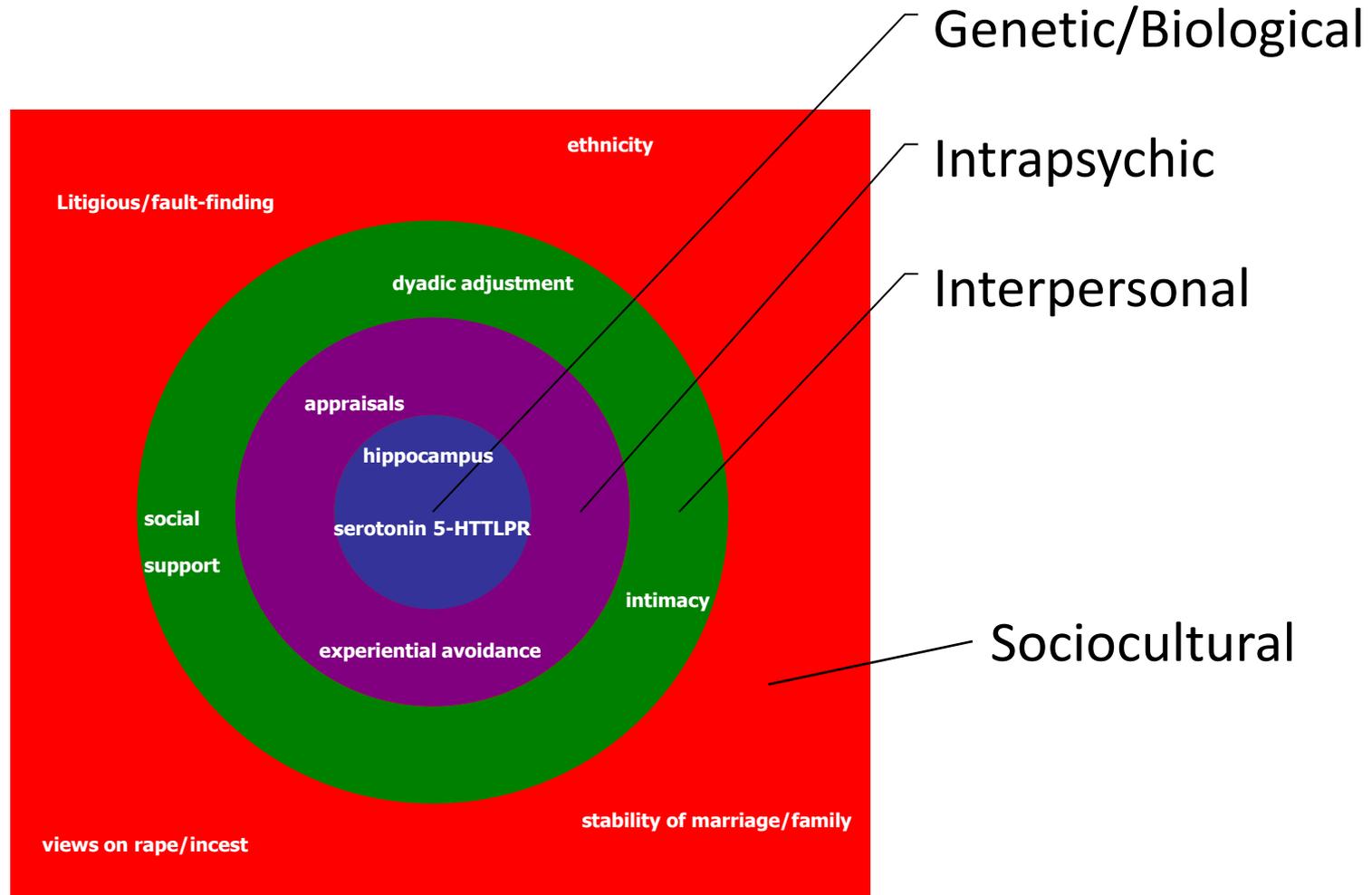


Cognitive-Behavioral Conjoint Therapy for PTSD

Candice M. Monson, Ph.D.



Biopsychosocial Factors Related to Trauma Recovery

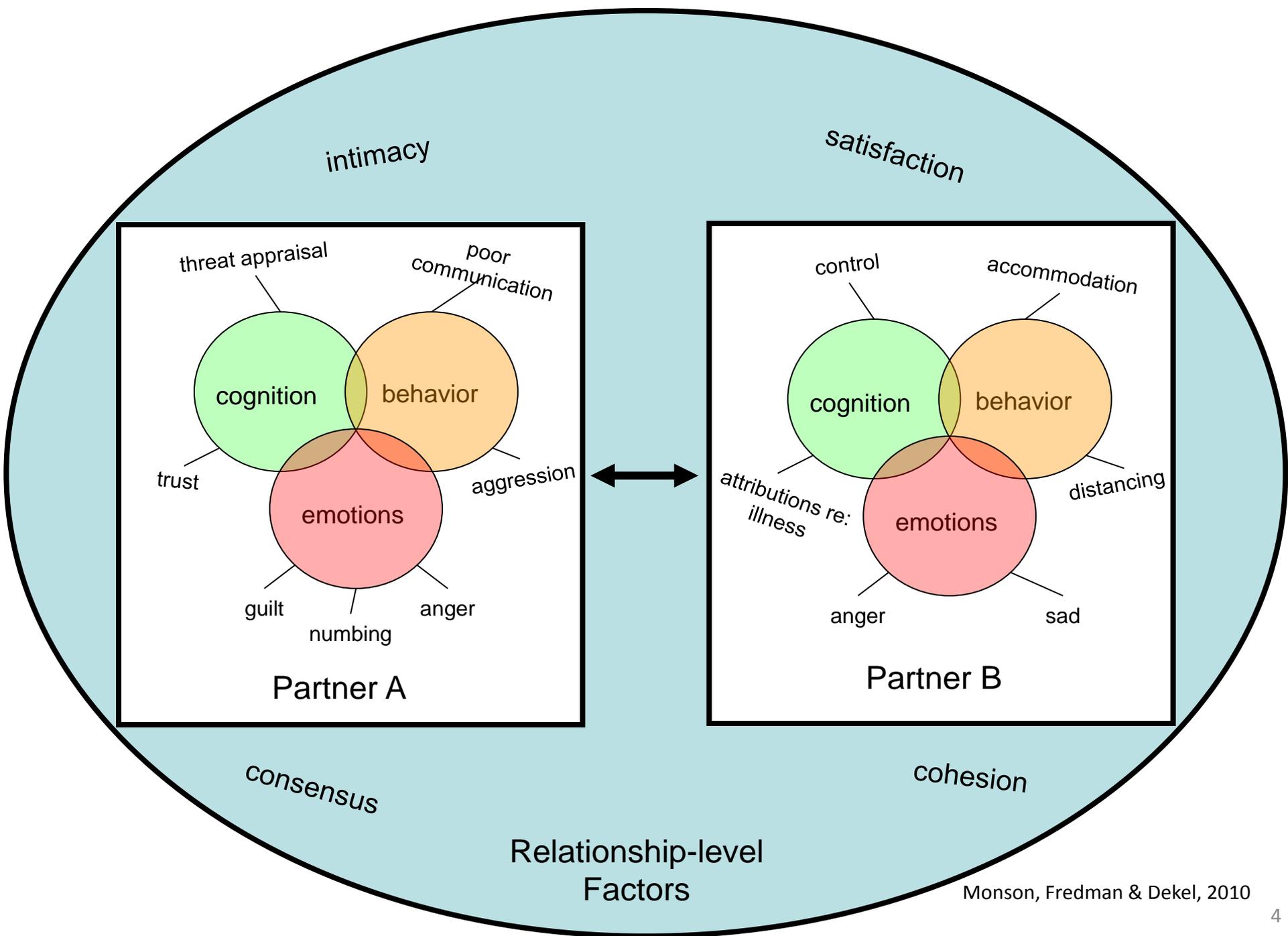


What is the conjoint treatment target?

Target: Improve Individual Symptoms

Target: Relationship Improvements

	Yes	No
Yes	Disorder-specific Family Therapy	Generic Family Therapy
No	Partner-assisted Intervention	Psychoeducation Family-facilitated Engagement

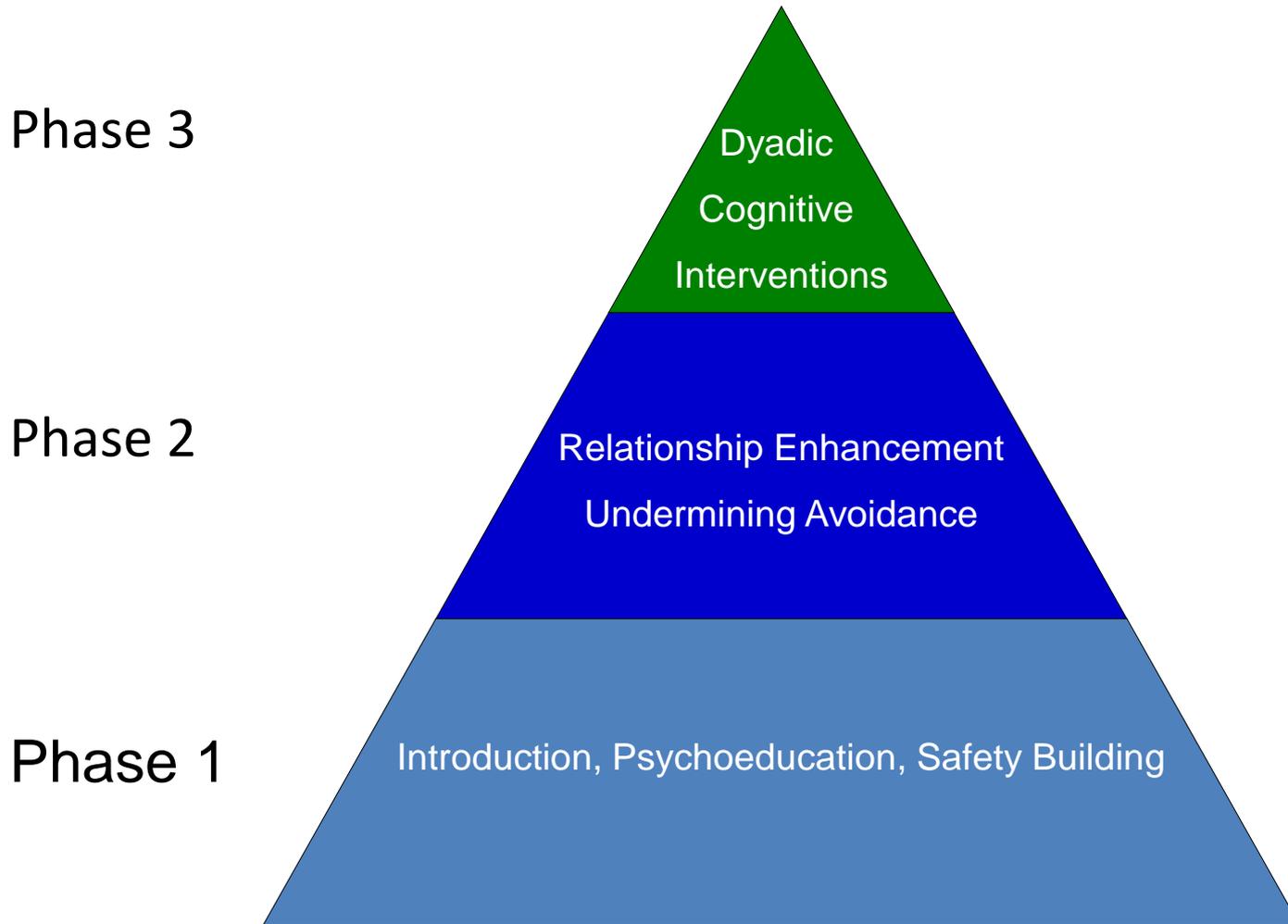


Overview of CBCT for PTSD

- ❑ Front-line treatment for PTSD and enhancement of intimate relationships
- ❑ Trauma-focused, but not imaginal exposure-based
- ❑ 15 sessions, manualized
- ❑ 1.25-hour sessions (but can be flexible)
- ❑ Customary inclusion/exclusion criteria for PTSD-identified partner
- ❑ Partner may or may not be diagnosed with PTSD
- ❑ Exclusionary criteria specific to relationship
 - Current severe violence
 - Minimal commitment

CBCT for PTSD

Phases of Treatment



Session Overview

RESUME

- **Phase 1: Rationale and Education about PTSD and Relationships**
 - Session 1 Introduction to Treatment
 - Session 2 Safety Building
- **Phase 2: Satisfaction Enhancement and Undermining Avoidance**
 - Session 3 Listening and Approaching
 - Session 4 Sharing Thoughts and Feelings – Emphasis on Feelings
 - Session 5 Sharing Thoughts and Feelings – Emphasis on Thoughts
 - Session 6 Getting U.N.S.T.U.C.K.
 - Session 7 Problem Solving
- **Phase 3: Making Meaning of the Trauma(s) and End of Therapy**
 - Session 8 Acceptance
 - Session 9 Blame
 - Session 10 Trust Issues
 - Session 11 Power and Control Issues
 - Session 12 Emotional Closeness
 - Session 13 Physical Intimacy
 - Session 14 Post-traumatic Growth
 - Session 15 Review and Reinforcement of Treatment Gains

Living

BIG PICTURE

U = United and curious
N = Notice your thought
S = (Brain) Storm
alternatives
T = Test them out
U = Use the best
C = Changed feelings
and behaviors?
K = Keep practicing

I didn't think. I did what I was
trained to do.

I wish I wouldn't have had to
fire at close range.

I had no choice whether or not
to fire.

Noticed Thought:

"I could have chosen not to
fire my weapon (at short
range)."

Most likely the end result would
have been much worse had I not
fired.

All things considered I
used my best judgment and
made the right decision
given the situation

C: Less guilt, less sense of individual responsibility; more confidence that I made the right decision. Less self-blame and less likely to second guess myself.

K: Often reminding myself that I made the right decision; Read this over with XXX

PRIMARY OUTCOMES

CBCT for PTSD Primary Outcomes

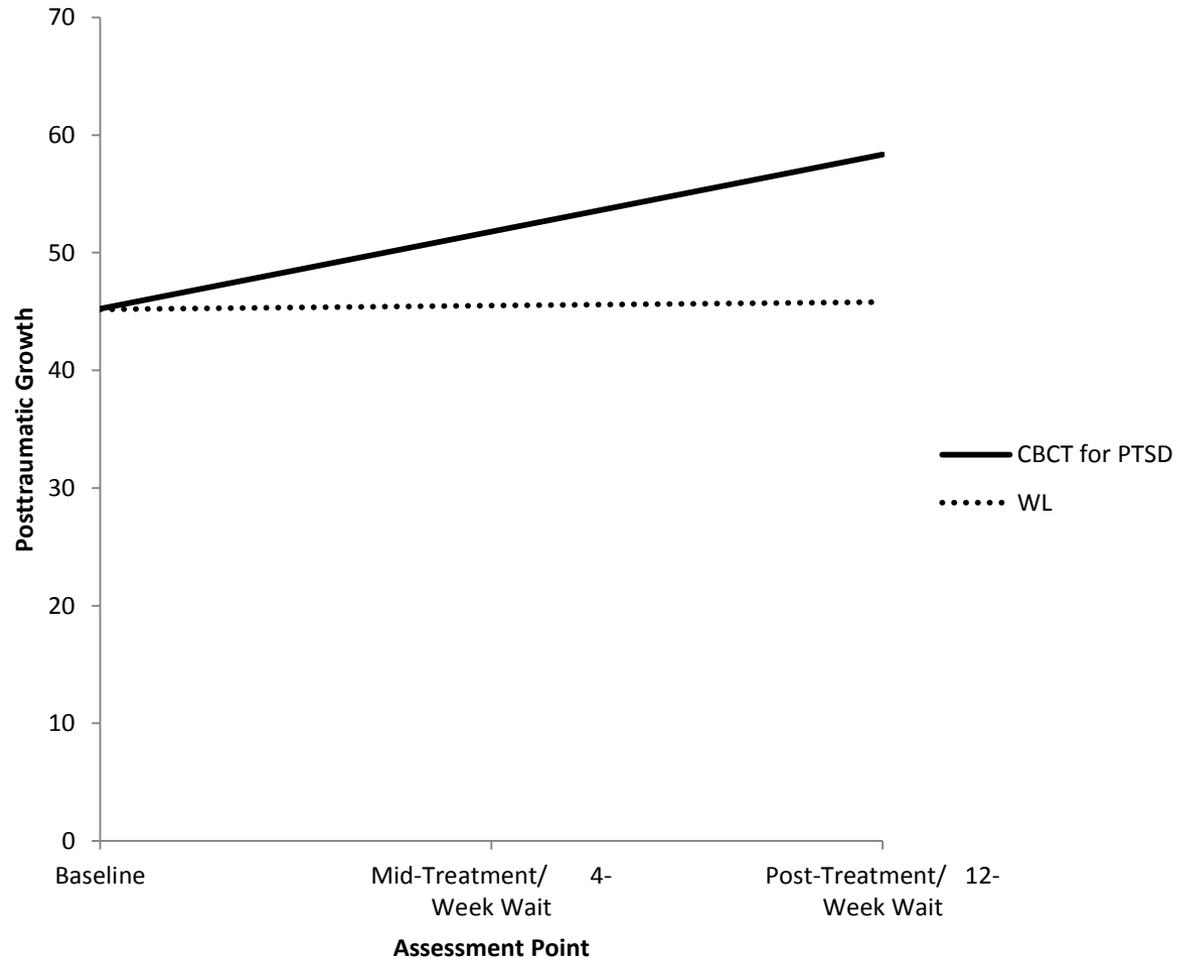
- 3 uncontrolled studies
 - Male Vietnam veterans and their wives (Monson et al., 2004)
 - Mixed (Monson et al., 2011)
 - Male OIF/OEF veterans and their wives (Schumm et al., 2013)
- 1 controlled study
 - Mixed (Monson et al., 2012)
- Improvements in:
 - PTSD and comorbid conditions (on par with individual EBTs)
 - Partners' well-being
 - Relational functioning

OTHER OUTCOMES

Secondary Outcomes

Outcome	Hedge's <i>g</i> Compared with Waitlist
Reexperiencing Cluster	1.51
Effortful Avoidance	1.50
Emotional Numbing	.87
Hyperarousal	1.33
Positive Affect Control	.42
Global Guilt	.65
Guilt Cognitions	.63
Guilt-related Distress	1.04
Posttraumatic Beliefs and Reactions	.68

Improvements in Posttraumatic Growth

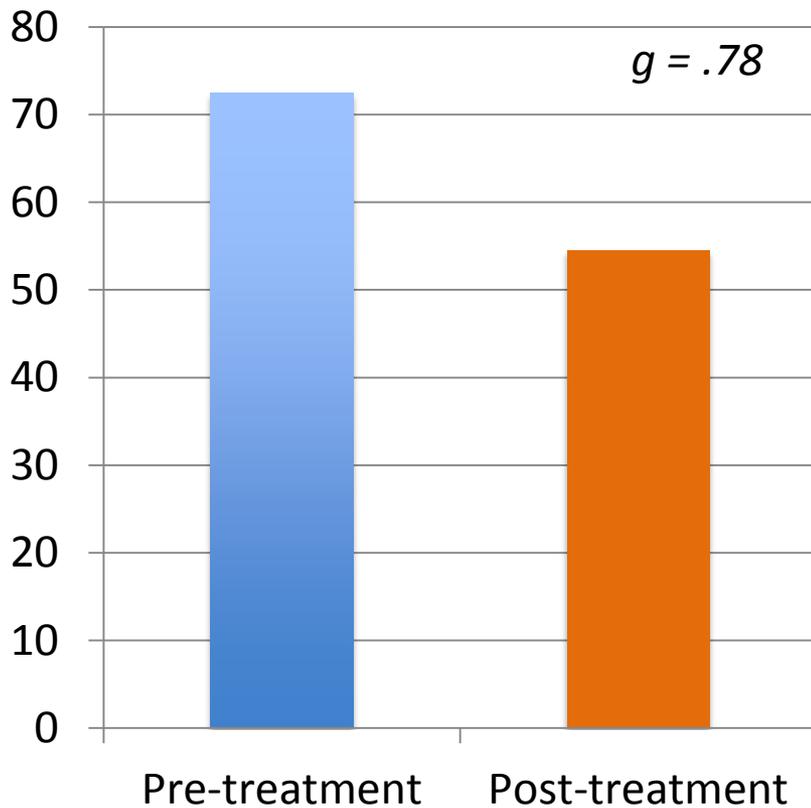


Parenting Outcomes

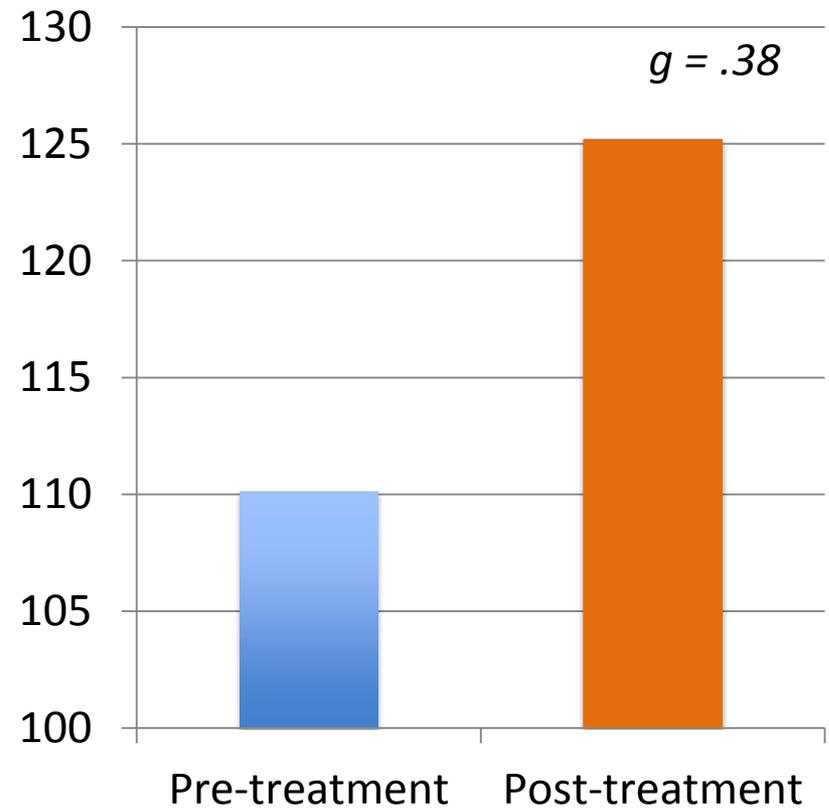
	Patient(<i>n</i> =6)	Partner (<i>n</i> =8)
Efficacy	0	2
Satisfaction	1	1
Competency	0	1

Present-focused CBCT for PTSD

CAPS Scores

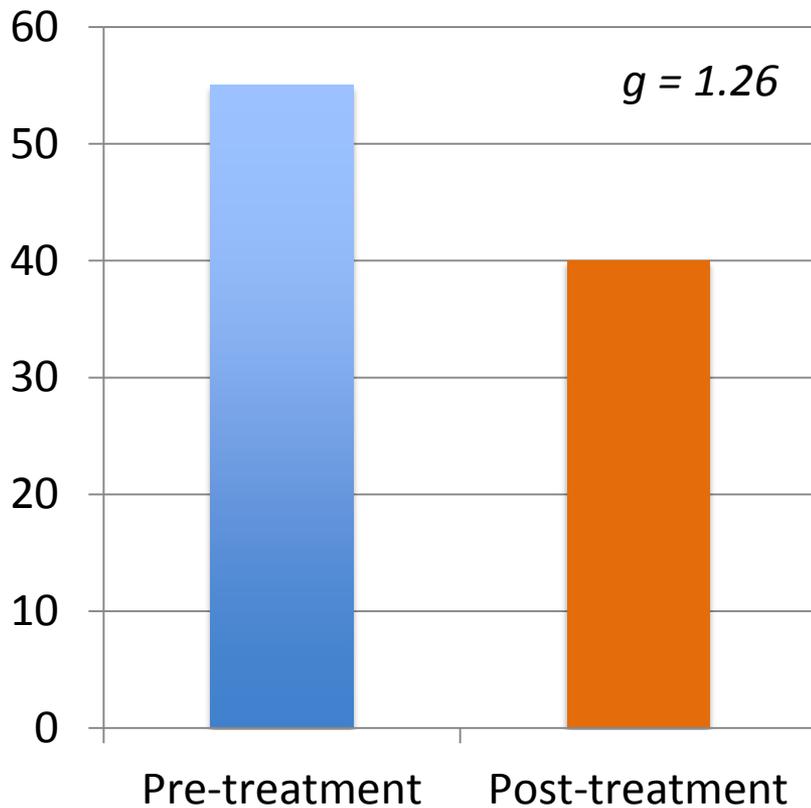


CSI Scores

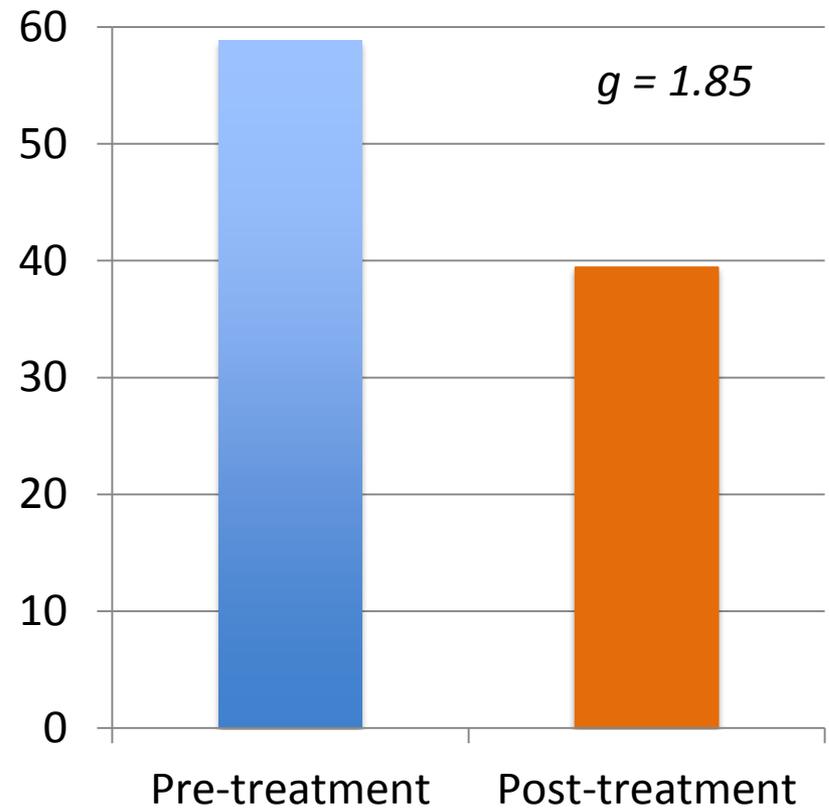


Present-focused CBCT for PTSD

PCL-Self

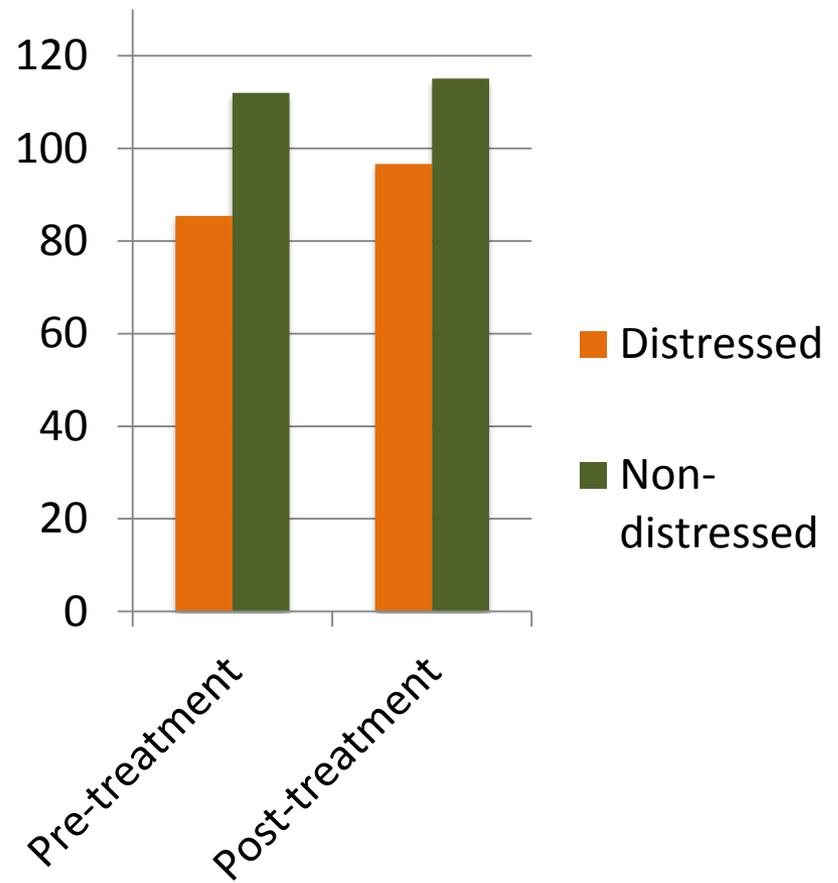
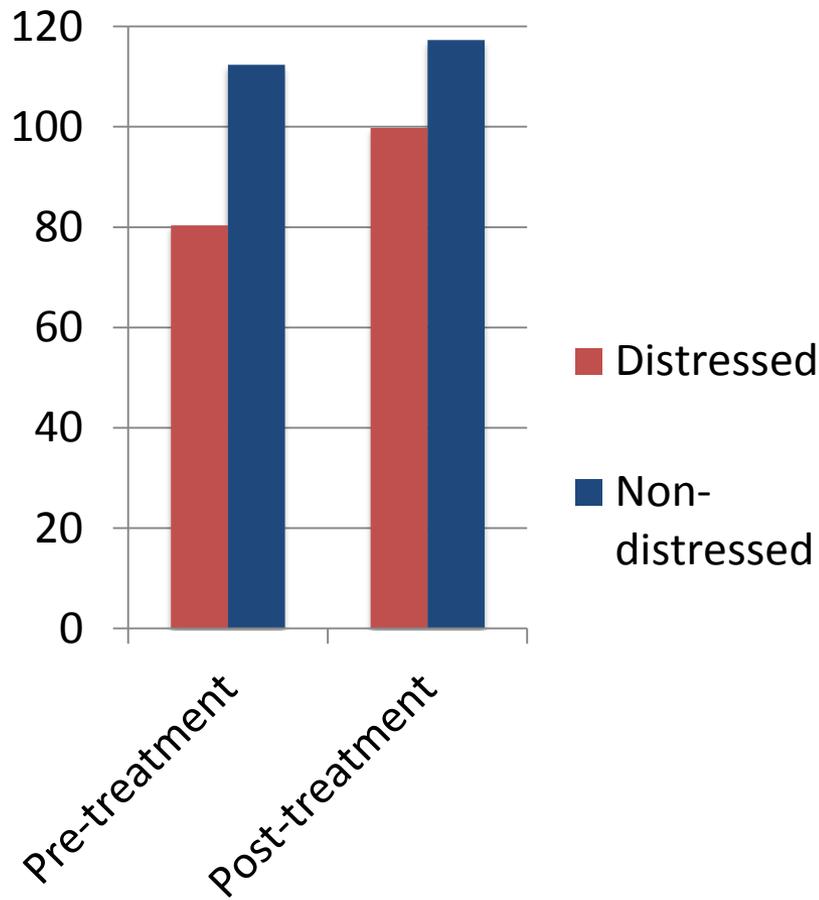


PCL-Partner

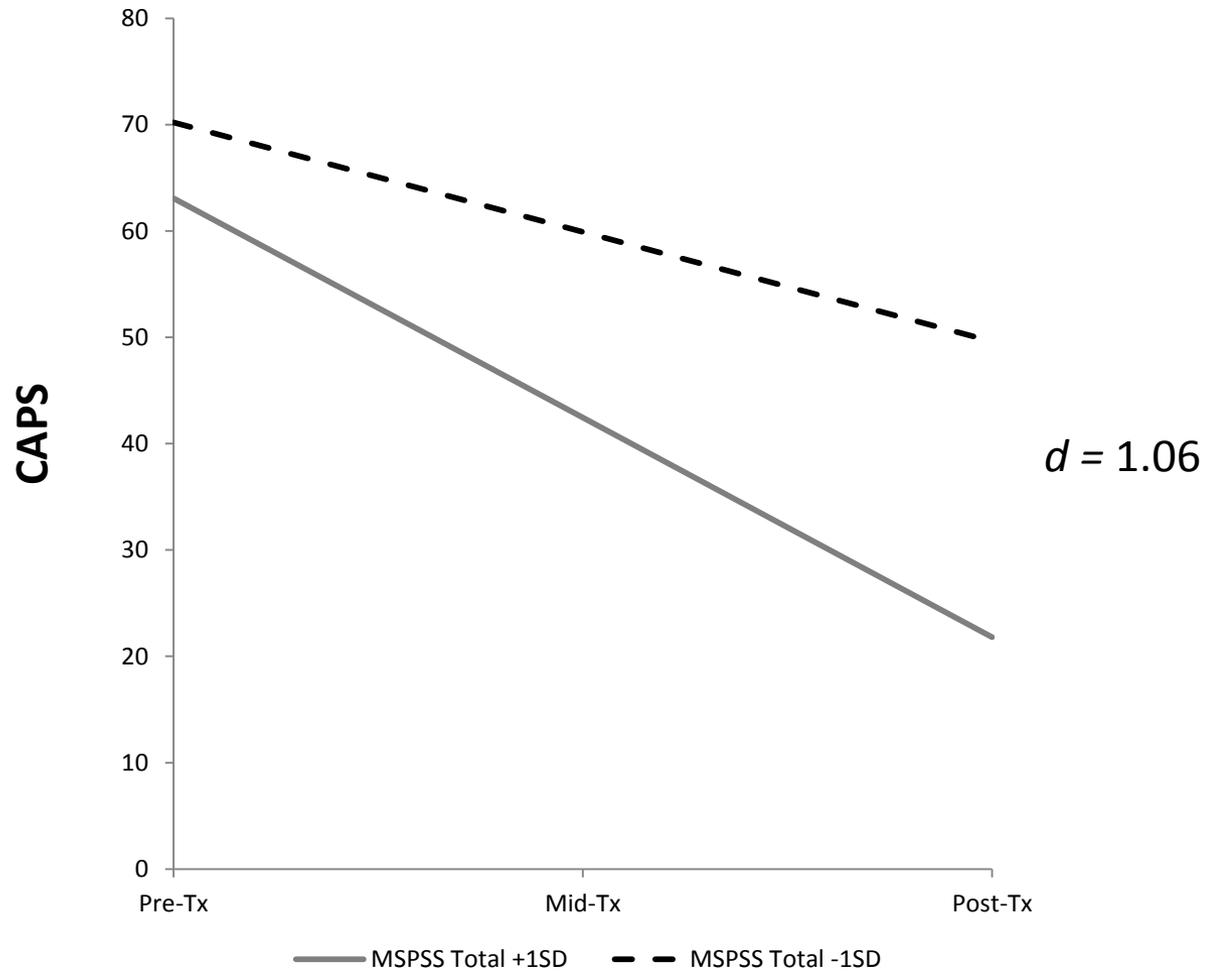


MODERATORS OF OUTCOMES

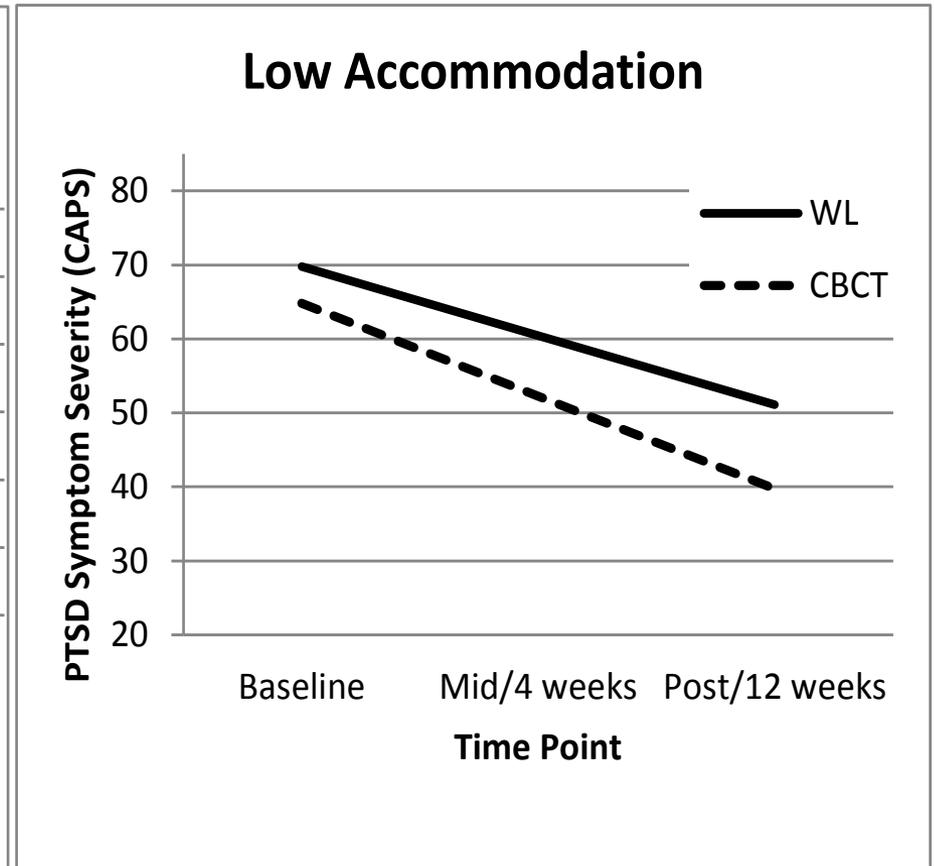
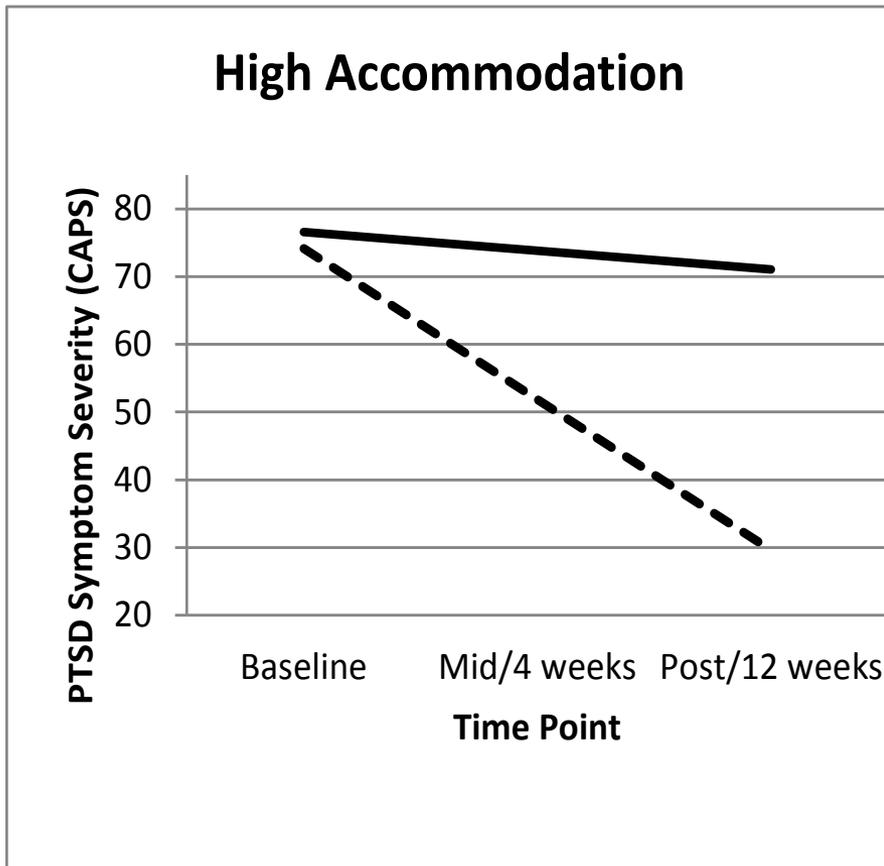
Patients' and Partners' Pre-treatment Dyadic Adjustment Scales Moderation



Overall Pre-treatment Social Support Moderates PTSD Outcomes



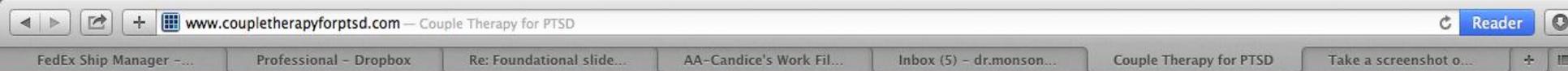
Partner Accommodation: Moderation of PTSD (CAPS) Outcome



Future Directions

- Finish PE v. CBCT for PTSD trial
- 3 Recently-funded Trials:
 - CBCT for PTSD + Parent Management Training
 - Weekend Retreat Delivery
 - Non-inferiority Trial of Home (via video technology) vs. Office Delivery
 - MDMA-Facilitated CBCT for PTSD
- Multi-site Patient Preference Trial
 - PE
 - CPT
 - CBCT for PTSD
- Online delivery

www.coupletherapyforptsd.com

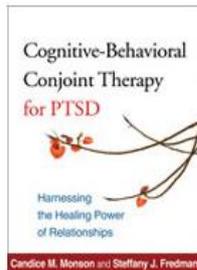


Couple Therapy for PTSD

A community of practice for therapists



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For more information regarding the CBCT for PTSD Treatment Manual, please visit the [Guilford website](#).

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Trainers and Providers

The following is a List of

Home

Cognitive-Behavioral Conjoint Therapy for Posttraumatic Stress Disorder (CBCT for PTSD) is a manualized therapy with the **simultaneous goals of improving individual PTSD and enhancing intimate relationship functioning**.

CBCT for PTSD improves the interpersonal environment in which our clients exist on a day-to-day basis and capitalizes on the support of their significant relationships while they endeavor PTSD treatment. In this way, CBCT for PTSD:

1. **helps improve relationship issues** we know so often co-occur with PTSD and
2. capitalizes on the relationship to **make each individual better**.

Therapists attend a workshop led by **Dr. Candice Monson's training team** to learn to use this protocol. Click on [Biographies](#) to read about the training team. **Upcoming workshops** are listed under Training Opportunities at right.

"...I have been using your approach and it is making such a difference in lives of

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Becoming a Member

Once you take [the training](#), you'll have membership access to the private area of this website, which includes refresher training, Dr. Monson's blog, a user forum,



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