CPT Coach is a free mobile application developed by the Department of Veterans Affairs (VA) 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 - or talk therapy - for PTSD. CPT teaches you how to evaluate and change upsetting thoughts you have had since your trauma. These can be thoughts you have had about the trauma, yourself, others, or the world. By changing your thoughts, you can change how you feel.

CPT can include writing about your trauma but you can also do a version without a written account. Your provider will help you decide with version is best for you, and CPT Coach can be used for either.

PRACTICE PLAN

A key to good outcomes with CPT is completing practice assignments between sessions. You can use the CPT Coach app to do them, including:

- Writing about the impact of 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 to better identify and address unhelpful thinking.

The Practice Plan helps you keep track of activities between sessions. You'll earn badges for each level of the Practice Plan you complete. You can set reminders in the app to help you remember to complete assignments and attend session. You can also print worksheets or export them from the app in order to send them to your provider via secure messaging. Access these features by selecting the 3-bar icon to open the lateral menu.
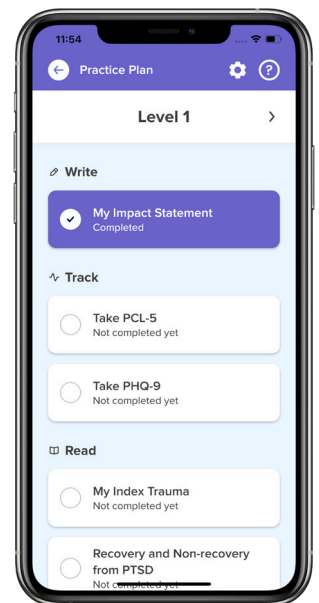
STUCK POINTS

Stuck points are strong negative beliefs you've developed as a result of your trauma 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.

PROGRESS

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 and track your progress over time.

Scan the QR code to download CPT Coach

Download on the App Store

GET IT ON Google Play

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*. https://doi.org/10.21037/mhealth.2018.05.07

Resick, P. A., Monson, C. M., & Chard, K. M. (2016). *Cognitive Processing Therapy for PTSD: A comprehensive manual*. The Guilford Press.

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

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ptsd.va.gov/mobile
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