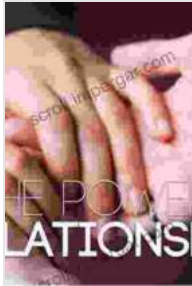


# Cognitive Behavioral Conjoint Therapy for PTSD: An In-Depth Guide to Recovery



## Cognitive-Behavioral Conjoint Therapy for PTSD: Harnessing the Healing Power of Relationships

by Candice M. Monson

★★★★☆ 4.5 out of 5

Language : English

File size : 5519 KB

Print length : 239 pages



**Cognitive Behavioral Conjoint Therapy (CBCT)** is a highly effective treatment for PTSD that helps individuals and their loved ones work together to overcome the challenges of PTSD.

This book provides a comprehensive overview of CBCT, including its theoretical underpinnings, assessment procedures, treatment protocols, and empirical evidence. It also includes detailed case studies and worksheets to help clinicians implement CBCT in their own practice.

### What is PTSD?

PTSD is a mental health condition that can develop after exposure to a traumatic event. Symptoms of PTSD can include:

- Intrusive memories of the traumatic event
- Nightmares about the traumatic event

- Avoidance of reminders of the traumatic event
- Negative changes in mood and thinking
- Increased arousal and reactivity

## How Can CBCT Help?

CBCT is a type of therapy that helps individuals with PTSD to:

- Understand and challenge the negative thoughts and beliefs that they have about themselves and the world
- Develop coping skills to manage their symptoms
- Improve their relationships with their loved ones

CBCT is a collaborative therapy that involves both the individual with PTSD and their loved ones. This approach helps to create a supportive environment in which the individual can heal.

## What Does CBCT Involve?

CBCT typically involves 12-16 sessions. Each session is 90 minutes long. The sessions are divided into three phases:

1. **Assessment:** The therapist will assess the individual's symptoms and identify the negative thoughts and beliefs that are contributing to their PTSD.
2. **Treatment:** The therapist will work with the individual to develop coping skills and challenge their negative thoughts and beliefs.

3. **Maintenance:** The therapist will help the individual to maintain their progress and prevent relapse.

## **Is CBCT Effective?**

CBCT has been shown to be an effective treatment for PTSD. Research has shown that CBCT can reduce symptoms of PTSD, improve functioning, and increase quality of life.

## **Who Can Benefit from CBCT?**

CBCT can benefit anyone who has experienced a traumatic event and is struggling with the symptoms of PTSD. CBCT is particularly helpful for people who have:

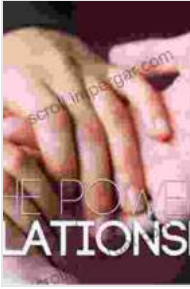
- Been in a car accident
- Experienced a natural disaster
- Been the victim of a crime
- Served in the military

## **How to Find a CBCT Therapist**

If you are interested in finding a CBCT therapist, you can ask your doctor for a referral. You can also search for CBCT therapists online or in your local phone book.

CBCT is a highly effective treatment for PTSD that can help individuals to overcome the challenges of PTSD and live full and meaningful lives.

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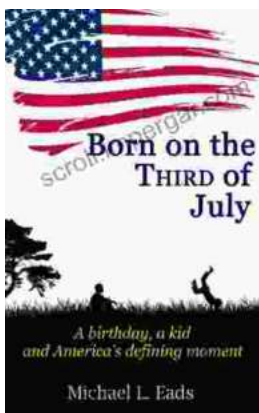
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