

COGNITIVE PROCESSING GROUP THERAPY

Offered by the Harborview Abuse &
Trauma Center (HATC)

UW Medicine
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MEDICAL CENTER

What is Cognitive Processing Therapy (CPT)?

CPT is a cognitive behavioral therapy that has been shown to help reduce symptoms of Post Traumatic Stress Disorder (PTSD).

What are the benefits of group CPT therapy?

- It can feel validating to know that others also share similar thoughts and feelings about their trauma
- Other group members can often provide helpful insights that may help you be able to shift your own perspective on an issue
- Being accountable to a group can help increase motivation and follow-through
- Depending on your coverage, group therapy may be more affordable than individual therapy

What is the time commitment?

CPT group will meet weekly via Zoom on Tuesdays from 4:30-6:00 pm. There will be 13 group sessions. Start date to be determined.

Will my insurance cover the group?

Many insurance plans cover group therapy. Financial assistance may also be available. Please call HATC for more information.

Who is eligible for CPT Group Therapy? People who are:

- 21 years or older and have experienced a traumatic event(s) that is contributing to current distressing symptoms
- Living in King County
- Able to actively engage in a group therapy process
- Able to use Zoom and CPT companion app
- Not receiving individual therapy at HATC or in another trauma-focused therapy

How do I learn more or sign up?

**Please call HATC at 206-744-1600.
Interested participants must attend a
FREE 45- minute Informational Session.**

**Next Informational Session Date:
November 21, 2023 at 4:30 PM**

Space in the CPT group is limited. Patient registration paperwork and individual intake appointment will be completed prior to starting group. Attendance at informational session and completion of intake does not guarantee a spot in the CPT group.