CPT Coach Overview

CPT Coach is a mobile phone app for people participating in Cognitive Processing Therapy (CPT), an evidence-based psychotherapy for posttraumatic stress disorder (PTSD). CPT Coach is designed to improve patient engagement and participation in CPT and, as a result, enhance treatment outcomes. This app is also intended to help CPT providers to better adherence to the treatment protocol. CPT Coach was developed by the Department of Veterans Affairs (VA) National Center for PTSD (NCPTSD), the VA Sierra Pacific Mental Illness Research, Education, and Clinical Center (VISN21 MIRECC), and the Department of Defense National Center for Telehealth & Technology (T2), with subject matter expertise from the originators of CPT.

Trauma survivors with PTSD often have problematic ways of thinking about the world, themselves, and other people that serves to maintain their PTSD and disrupt their quality of life. In order to reduce PTSD and improve functioning, survivors learn to challenge problematic thinking and develop healthier, more realistic thoughts. By doing so, they are able to process painful feelings about their trauma and recover from PTSD. CPT Coach facilitates this process by making it easier for patients to complete required practice assignments, as well as by providing convenient access to educational material, support, and reminders.

CPT Coach is based on the therapy manual *Cognitive Processing Therapy Veteran/Military Version* prepared by Patricia Resick, Candice Monson, & Kathleen Chard. CPT has been shown to be one of the most effective treatments for PTSD from both civilian and military-related traumas.

The features of CPT Coach include:

- An assessment tool for tracking symptoms and progress
- CPT practice assignments and worksheets for each session
- Reminders for therapy sessions
- Educational materials about CPT and its components

CPT Coach is designed for people who are in CPT and want to use an app with their therapy. This app is not intended to be a self-help tool for patients with PTSD. It is designed to be used by the patient as an adjunct to CPT. Similarly, a prerequisite for successful use of this app by healthcare providers with their patients is completion of formal training in CPT. This app does not provide training in CPT and will not serve as a substitute for such training.

CPT Coach is available for mobile Apple devices (iPhone, iPod touch, and iPad) and will be available for Android devices in mid-2014.

For more information about Cognitive Processing Therapy, see [http://www.ptsd.va.gov](http://www.ptsd.va.gov).