



COGNITIVE PROCESSING THERAPY GROUP

UW HEALTH-PSYCHIATRY
6001 RESEARCH PARK BLVD
MADISON WI 53719

Group Leader:

Lacey Schmidt, PsyD

Group Day/Time:

Mondays at Yahara Clinic

Group Description:

Cognitive Processing Therapy (CPT) is an evidence-based treatment for PTSD that can be delivered in a 12-week group format. It helps the patient understand and conceptualize their trauma and challenge beliefs that developed as a result of the trauma. The protocol includes psychoeducation on PTSD, cognitive theory, and emotions; two initial writing assignments about the trauma and why they believe the trauma happened; weekly practice assignments to help the patient identify their thoughts (stuck points) and feelings, and then challenge their thoughts; and modules that focus on beliefs about safety, trust, power and control, esteem and intimacy.

Groups will be a total of 120 minutes with 90 minutes of group discussing session topics and 30 minutes for patients to discuss individual questions and concerns with facilitator. There will be a group specifically for sexual assault traumas. A brief application will be available for therapists to complete for referred patients. Patients will also need to participate in a clinical interview to screen for appropriateness and commitment to group.

Inclusion Criteria:

- Must be an established behavioral health patient (patient can call 608-233-3575 to schedule an intake and establish care)
- Must be ages 18+
- Must meet criteria for PTSD
- Must be able to remember the traumatic event
- Must be able to identify their most impactful trauma (rather than long traumatic periods, such as “my whole childhood” or “my entire divorce process”)
- Must be psychiatrically stable and have good emotional regulation skills (a trauma coping skills group is also offered to help build these skills for anyone who needs it)
- If on benzodiazepines (Diazepam/Valium, Alprazolam/Zanax, Lorazepam/Ativan, etc.), willing to participate in group and writing exercises without using them
- Ideally, patient will not have regularly scheduled appointments with individual therapist, but will still have access if they are in crisis
- Must be committed to completing 15-30 minutes per day of practice assignments outside of group time

If Interested:

Please discuss with your behavioral health provider who will complete a referral form if you meet the criteria for the group. You will then be scheduled for a screening interview with the group facilitator.

Instructor



Lacey Schmidt, PsyD

Dr. Lacey Schmidt received her Psy.D. from Pacific University in Hillsboro, OR. She has experience providing evidence-based interventions for a variety of mental health problems. Her special interests are personality disorders, Post-Traumatic Stress Disorder (PTSD)/trauma-related problems and mental health care for military veterans.