

# Trauma Informed Treatment

## Cognitive-Behavioral Therapy for PTSD in SMI

The CBT for PTSD in SMI program is a 12-16 week individual program focusing on the treatment of PTSD in persons with severe mental illness. The program is primarily based on cognitive restructuring and does not include therapist directed exposure therapy. The program includes the following components: **a)** Orientation to Program; **b)** Developing a Crisis Plan; **c)** Breathing Retraining; **d)** Education about PTSD; **e)** Education about Associated Symptoms and Problems; **f)** Cognitive Restructuring I: Common Styles of Thinking; **g)** Cognitive Restructuring II: The 5 Steps of Cognitive Restructuring; **h)** Generalization Training; and **i)** Termination.