

Cognitive Processing Therapy for Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder (PTSD) can develop when someone experiences a traumatic event like violence, an accident, abuse or sexual assault.

Symptoms of PTSD can include:

- Nightmares
- Overwhelming memories of the traumatic event
- Avoiding people, places, or activities that are reminders of the event
- Feeling jumpy or easily startled
- Feeling like the world is unsafe or other people can't be trusted
- Feeling down, nervous, helpless, or sad
- Becoming more easily angry or irritable

Sometimes, in an effort to make sense of a traumatic event, people develop beliefs that they are responsible for what happened or that the world is a dangerous place. These beliefs can keep people stuck in their PTSD and interfere with enjoying life.

Fortunately, there is help. CJE SeniorLife Counseling Services offers a short-term treatment program called Cognitive Processing Therapy (CPT). CPT teaches trauma survivors new skills to handle symptoms and more helpful ways to look at the traumatic event. Most people experience significant relief in symptoms after just 12 sessions. This service is currently available at our office on Touhy Avenue in Chicago and for home visits in that service area.

CJE Counseling Services offers additional services including individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in many CJE offices or as home visits.

TO LEARN MORE ABOUT COGNITIVE PROCESSING THERAPY (CPT) OR OTHER CJE COUNSELING SERVICES, CALL CJE SENIORLIFE AT 773.508.1000.



THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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CJE SeniorLife strives to enhance the lives of older adults regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity or national origin. CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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