

# Session 1: Overview of PTSD and CPT

## Practice Assignment:

Please write at least a one-page statement on *why* you think your most distressing traumatic event occurred. You are *not* being asked to write specific details about this event. Write about what you have been thinking about the *cause* of this event.

Also, consider the effects this traumatic event has had on your beliefs about yourself, others, and the world in the following areas: safety, trust, power/control, esteem, and intimacy.

Bring this statement with you to the next session. Also, please read over the two handouts I have given you on PTSD symptoms and Stuck Points (Handouts 5.1 and 5.2), so that you understand the ideas we are talking about.

## Session 1 Handouts:

5.1: Recovery or Nonrecovery from PTSD Symptoms Following Traumatic Events

5.2: What Are Stuck Points?