

COGNITIVE PROCESSING THERAPY FOR *Birth Trauma*



WHAT IS COGNITIVE PROCESSING THERAPY (CPT) AND WHY IS IT IMPORTANT FOR BIRTH TRAUMA-RELATED PTSD



HOW CPT CAN HELP THOSE WITH PTSD RELATED TO BIRTH TRAUMA



THE STRUCTURE AND PACING OF SESSIONS



TIPS AND STRATEGIES FOR COPING DURING SESSIONS



RESOURCES AVAILABLE TO SUPPORT PEOPLE AFFECTED BY BIRTH TRAUMA-RELATED PTSD



COGNITIVE PROCESSING THERAPY

in Birth Trauma

Traumatic birth experiences can be devastating and have lasting effects, not just on the mother involved but also their partner, their relationship, and any children they may have. The physical and emotional pain of a traumatic experience can range from minor to extreme and often leave many feeling overwhelmed with negative emotions such as guilt, sadness, anger, hopelessness or fear. Fortunately Cognitive Processing Therapy (CPT) is an evidence-based treatment designed specifically for trauma survivors that helps them work through the complex feelings associated with birth trauma. In this blog post, we'll explore how CPT works to help those suffering from birth trauma gain emotional healing so they can move forward into a better life.



WHAT IS CPT

and why is it important
for Birth Trauma-related
PTSD

Cognitive Processing Therapy (CPT) is an evidence-based form of psychotherapy designed to treat post-traumatic stress disorder. It helps individuals develop skills and techniques for better understanding and dealing with difficult emotions associated with past traumatic experiences. CPT is especially important for helping those who have experienced birth trauma-related PTSD because it targets the underlying cognitive distortions and helps them process the deeply entrenched beliefs they developed due to the trauma. By using skills like cognitive restructuring and imaginal exposure, sufferers can build up their emotional resilience and begin to heal from their experiences.



HOW CPT CAN HELP THOSE

with PTSD related
to birth trauma

Cognitive Processing Therapy combines cognitive restructuring, which helps individuals understand how their thoughts create emotions leading to patterns of behavior, with exposure techniques, helping them confront the trauma they experienced. Through CPT, those affected by birth trauma can gain insight into their thought processes and learn coping strategies to help manage vivid memories and intense emotions that they may experience as a result. Furthermore, it will lead to a greater sense of empowerment from a newfound recognition of strength and resilience that has been developed over the course of treatment.



WHAT THE CPT EXPERIENCE LOOKS LIKE-

The structure and
pacing of sessions

CPT sessions are conducted in a structured format that includes an assessment to identify the patient's specific needs followed by 12 weekly individualized therapy sessions. During each session, the therapist will help the patient figure out different perspectives in order to address trauma-related cognitive distortions and gain better overall coping skills. The process starts with a check-in where they'll discuss how they have applied any techniques learned in previous sessions as well as how they are doing with processing their trauma. .



After assessing progress, the therapist and patient will then move on to discussing strategies for understanding their distressing beliefs from different angles in order to gain mastery over them. Finally, closure at the end of the session typically involves discussing action items for breaking down unhelpful patterns. Through this methodical approach, CPT provides ongoing support for individuals who need assistance with processing traumatic stressors, allowing them to find lasting healing and improved psychological wellbeing.



TIPS AND STRATEGIES

for coping during sessions

Coping during trauma processing sessions can be challenging, especially for people who have experienced trauma in their lives. However, it's important to remember that there are strategies you can use to make the process easier. One beneficial approach is to talk openly with your therapist about your emotions, fears and concerns. Finding a distraction or two that can be used throughout the session such as journaling or doodling can also help you stay connected and aimed towards positive outcomes. You might also want to focus on relaxing activities outside of sessions, such as deep breathing, mindfulness exercises and yoga, in order to manage the emotional intensity that trauma processing can generate. With these tips and strategies in mind, you'll feel better equipped to cope with trauma sessions and find healing along the way.



RESOURCES AVAILABLE

to support people
affected by birth
trauma-related PTSD

People affected by birth-trauma-related PTSD have access to a variety of resources to help them cope with the psychological, emotional, and physical aftermath. It is important to speak to family, friends, and healthcare providers who may be able to offer support. Online support groups are also available for individuals who want more resources relating specifically to birth trauma.

Professional counseling can also provide those affected with education about mental health diagnoses and treatment options.

For more information, please visit:
<https://www.postpartum.net/get-help/>

