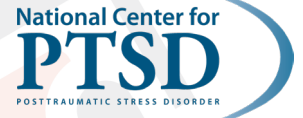




Roadmap for Using CPT Coach in Treatment



Quick Overview of App Section

- **Practice Plan:** The Practice Plan has 12 levels, which correspond to the 12 sessions of CPT, and the tasks and readings in each level are based on the session of CPT. Consistent with the flexible protocol, levels can be combined to be reduced (8 sessions) or extended (up to 15 weeks).
- **Worksheets:** This section gives users access to the various worksheets from the CPT protocol, including the ABC Worksheet, Challenging Questions Worksheet, Patterns of Problematic Thinking Worksheet, and Challenging Beliefs Worksheet. The trauma account (if applicable) and Impact Statement can also be accessed in this section. Users have several options for creating their impact statement. They can type, dictate to their device, make an audio recording, or take a photo of their writing.
- **Stuck Points:** Users can add stuck points to their Stuck Point Log in this section. After adding a stuck point, they have the option to complete a Challenging Belief Worksheet based on that stuck point. Users can also export their Stuck Point Log.
- **Progress:** Users can assess their symptoms with the Posttraumatic Stress Disorder Checklist (PCL-5) and Patient Health Questionnaire (PHQ-9) and track progress over time. They can also set personalized treatment goals.

Lateral Menu

Users can access other features of CPT Coach by selecting the menu button (☰ represented by the three lines) in the top left corner of the Home Screen. This allows users to access many app components, including:

- **Learn:** This section contains 22 brief readings about PTSD, CPT, and related topics including the 5 themes of thought that are often affected by trauma (Safety, Trust, Power and Control, Esteem, and Intimacy).
- **Reminders** 🕒: Users have the option to turn on reminders to attend CPT sessions and complete homework. Reminders can be set to occur on specific days and times. When set, the reminder will appear on the screen much like an alert for a text message. This occurs even if this app is closed.
- **Set Treatment Type:** Here, the user can select the treatment type they will pursue with their provider: CPT, CPT+A, or I've Already Completed CPT. Their Practice Plan will be based on the treatment type chosen. This selection should be made at the start of treatment.
- **Export Data:** This section allows users to export completed worksheets, assessments (PCL-5 and PHQ-9), Stuck Point Logs, and Writing Assignments (Impact Statement and Trauma Narrative). The exported data can be sent to their provider via a secure messaging portal, or anyone else with whom they would like to share this information.
- **Print Worksheets:** Users can download and print blank worksheets from this section, including the Stuck Point Log, Impact Statement and Trauma Account (if applicable).
- **Settings:** This menu allows users to modify several components of the app. They can enable notifications, set a PIN Lock, and opt out of sharing anonymous usage data.

HELPFUL TIPS FOR USING CPT

- Have Veteran download the app in session [if Wi-Fi/data plan available] or provide instructions on how to do it at home. Display on VA tablet (if available) in session to orient Veteran with overview of the app.
- If a device/tablet is unavailable, show the [CPT Coach video](#) from the Mobile Apps YouTube channel playlist, or have the Veteran watch the introductory video at home.
- The app can also be used in conjunction with the paper workbook. Veterans do not need to choose one or the other.
- Provide Veteran the handout "How to Export Your Data from VA Mental Health Apps" for more information on how to share their homework with you. This handout can be found on the [Tech into Care webpage](#).



Corresponding CPT Coach Component

Based on 12-Session CPT+A Protocol but can be adapted to CPT individual or other CPT formats (group, individual, or variable length)

Practice Plan Level (CPT Session)	Session Tasks	Homework
Introducing Treatment/ Session 0	<ul style="list-style-type: none"> • Review settings (phone pin lock, notifications, anonymous usage data), assessments (set reminder to take PCL-5 weekly prior to each session), set phone to airplane mode (if using device to demo to patient) • Enter provider information and review crisis resources 	<ul style="list-style-type: none"> • Select CPT or CPT+A* • (*readings/assignments for CPT+A only)
Session 1	<ul style="list-style-type: none"> • If Session 0 not conducted, complete above tasks • Review selection of CPT or CPT+A • Introduce Stuck Points • Briefly review index trauma 	<ul style="list-style-type: none"> • Add to Stuck Points Log • Write Impact Statement (type, dictate, audio record, or take photo of writing) • Read 'Recovery or Non-Recovery from PTSD Symptoms' • Read 'What are Stuck Points?' • Supplemental Readings: <ul style="list-style-type: none"> o 'How PTSD Impacts You' o 'Thoughts, Beliefs, and Feelings' o 'Emotions and PTSD' o 'About CPT Therapy'
Session 2	<ul style="list-style-type: none"> • Review Impact Statement • Identify/add Stuck Points to log • Introduce ABC worksheets and examples 	<ul style="list-style-type: none"> • Continue adding stuck points to Log • Complete ABC worksheets (1 per day) • Read: <ul style="list-style-type: none"> o 'Identifying Emotions' o 'Identifying Stuck Points' o 'Events, Thoughts, and Emotions'
Session 3	<ul style="list-style-type: none"> • Review Stuck Point Log • Review ABC Worksheets • Introduce Trauma Account* 	<ul style="list-style-type: none"> • Write Trauma account*(Type, dictate, audio record, or take photo handwritten account) • Complete ABC worksheets (1 per day) • Add to Stuck Points Log (as needed) • Read 'Avoiding Homework' (optional)
Session 4	<ul style="list-style-type: none"> • Read Trauma account* • Review ABC Worksheets 	<ul style="list-style-type: none"> • Re-Write Trauma account* (Type, dictate, audio record, or take photo handwritten account) • Complete ABC worksheets (1 per day) • Add to Stuck Points Log (as needed) • Read 'Responsibility and Blame'
Session 5	<ul style="list-style-type: none"> • Read rewritten Trauma account* • Review ABC Worksheets • Introduce Challenging Questions Worksheet (CQW) 	<ul style="list-style-type: none"> • Review example CQWs • Complete CQWs (1 per day) • Add to Stuck Points Log (as needed)

Corresponding CPT Coach Component

Practice Plan Level (CPT Session)	Tasks	Homework
Session 6	<ul style="list-style-type: none"> Review completed CQWs Introduce Patterns of Problematic Thinking (PPT) 	<ul style="list-style-type: none"> Review example PPTs Complete PPTs worksheet (1 per day) Add to Stuck Points Log (as needed)
Session 7	<ul style="list-style-type: none"> Review completed PPTs worksheets Introduce Challenging Beliefs Worksheet (CBW) Provide overview of the five specific themes/modules that will be discussed in the remaining sessions Introduce the Safety theme 	<ul style="list-style-type: none"> Review example CBWs Complete CBWs (1 per day) Add to Stuck Points Log (as needed) Read 'The Five Themes' and 'Safety' Complete Safety Worksheet
Session 8	<ul style="list-style-type: none"> Review Completed CBWs Review Safety Worksheet Introduce Trust theme 	<ul style="list-style-type: none"> Complete CBWs (1 per day) Add to Stuck Points Log (as needed) Read 'Trust' Complete Trust Worksheet
Session 9	<ul style="list-style-type: none"> Review Completed CBWs Review Trust Worksheet Introduce Power and Control theme 	<ul style="list-style-type: none"> Complete CBWs (1 per day) Add to Stuck Points Log (as needed) Complete Trust Star Worksheet Read 'Power/Control' Complete Power and Control Worksheet
Session 10	<ul style="list-style-type: none"> Review Completed CBWs Review Power and Control Worksheet Introduce ways of giving and taking power Introduce Esteem theme Introduce practice of giving and receiving compliments 	<ul style="list-style-type: none"> Complete CBWs (1 per day) Add to Stuck Points Log (as needed) Read 'Giving and Taking Power' Read 'Esteem' Complete Esteem Worksheet Read 'Compliments' and 'Positive Activities'
Session 11	<ul style="list-style-type: none"> Review Completed CBWs Review Esteem Worksheet Review Giving and Taking Power Introduce Intimacy theme 	<ul style="list-style-type: none"> Complete CBWs (1 per day) Add to Stuck Points Log (as needed) Read 'Intimacy' Complete Intimacy Worksheet Write New Impact Statement (type, dictate, audio record, or take photo of writing)
Session 12	<ul style="list-style-type: none"> Review New 'Impact Statement' and contrast to Original 'Impact Statement' Review Completed CBWs Review Intimacy Worksheet Review Progress and Termination Review reminders for continued CPT practice Recommend additional apps to maintain gains (e.g., Mindfulness Coach, PTSD Coach, PTSD Family Coach) 	<ul style="list-style-type: none"> Switch treatment type to "I already completed CPT" Read 'Planning for the Future' Continue to complete CBWs (as needed) Add to Stuck Points Log (as needed)