

Cognitive Experiential Psychotherapy for the Treatment of Trauma



Holographic Reprocessing: A Cognitive-Experiential Psychotherapy for the Treatment of Trauma by Lori S. Katz

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
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Cognitive experiential psychotherapy (CEPT) is a type of psychotherapy that combines cognitive therapy and experiential therapy to treat trauma. CEPT is based on the idea that trauma can lead to negative thoughts and beliefs about oneself and the world, which can then lead to emotional and behavioral problems. CEPT helps people to identify and challenge these negative thoughts and beliefs, and to develop more positive and adaptive ways of thinking about themselves and the world.

How does CEPT work?

CEPT is typically conducted in a group setting, and involves a combination of individual and group therapy sessions. In individual therapy sessions, the therapist will help the client to identify the negative thoughts and beliefs that are contributing to their problems. The therapist will then help the client to

challenge these negative thoughts and beliefs, and to develop more positive and adaptive ways of thinking about themselves and the world.

In group therapy sessions, clients will have the opportunity to share their experiences with other people who have also experienced trauma. This can help clients to feel less alone and isolated, and to learn from the experiences of others. Group therapy sessions also provide a safe and supportive environment in which clients can practice new ways of thinking and behaving.

What are the benefits of CEPT?

CEPT has been shown to be effective in treating a variety of trauma-related problems, including:

- Post-traumatic stress disorder (PTSD)
- Anxiety
- Depression
- Substance abuse
- Self-harm
- Relationship problems

CEPT has also been shown to be effective in improving overall quality of life and well-being.

Who is CEPT appropriate for?

CEPT is appropriate for anyone who has experienced trauma. This includes people who have experienced physical, sexual, or emotional

abuse, as well as people who have witnessed or experienced other traumatic events, such as accidents, natural disasters, or war.

How long does CEPT take?

The length of CEPT treatment will vary depending on the individual client's needs. However, most people will complete treatment within 12 to 18 months.

Is CEPT covered by insurance?

CEPT is typically covered by insurance, but coverage will vary depending on the individual's insurance plan. It is important to check with your insurance provider to determine if CEPT is covered under your plan.

How do I find a CEPT therapist?

You can find a CEPT therapist by asking your doctor or mental health professional for a referral. You can also search for CEPT therapists in your area online.

CEPT is a safe and effective treatment for trauma. If you have experienced trauma, you may want to consider talking to a CEPT therapist to see if it is right for you.



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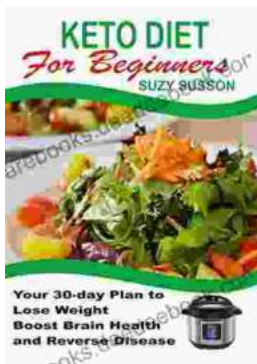
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