

Resource List for CBT for PTSD Workshop

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Links for downloadable CBT forms:

<http://www.appi.org/SiteCollectionDocuments/Books/62153/62153.pdf>

<http://www.oup.com/us/companion.websites/umbrella/treatments/hidden/mforms/?view=usa>

Key books on CBT for PTSD:

- Cloitre, M., Cohen, L. & Koenen, K. (2006). *Treating Survivors of Childhood Abuse: Psychotherapy for the Interrupted Life*, New York: Guilford Press.
- Foa, E., Hembree, E., & Rothbaum, B. (2007). *Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences Therapist Guide (Treatments That Work)*, London: Oxford University Press.
- Follette, V. M., & Ruzek, J. I. (2006). *Cognitive-behavioral therapies for trauma* (2nd ed.). New York: Guilford Press.
- Resick, P. & Schnicke, M. (1996), *Cognitive Processing Therapy for Rape Victims: A Treatment Manual (Interpersonal Violence: The Practice Series)*, Newbury Park, CA: Sage Publications.
- Zayfert, C., & Becker, C. B. (2007). *Cognitive Behavioral Therapy for PTSD: A Case Formulation Approach*. New York: Guilford Press.

CBT Case formulation

- Kuyken, W., Padesky, C. A., & Dudley, R. (2009). *Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy*. New York: Guilford Press.
- Persons, J. B. (2008). *The case formulation approach to cognitive-behavior therapy*. New York: Guilford Press.

Textbooks

- Brewin, C. (2003). *Posttraumatic stress disorder: Malady or myth?* Yale: Yale University Press.
- Foa, E. B., Keane, T.M, Friedman, M.J., & Cohen, J.A, (Eds.). (2008). *Effective Treatments for PTSD* (2nd Ed). New York, NY: Guilford Press.
- Friedman, M. J., Keane, T. M., & Resick, P. A. (2007). *Handbook of PTSD: Science and Practice*. New York: Guilford Press

Highly recommended books with chapters on CBT for PTSD

- Barlow, D. H. (2008). *Clinical handbook of psychological disorders : a step-by-step treatment manual* (4th ed.). New York: Guilford Press.
- Leahy, R. L., & Holland, S. J. , & McGinn, L. (2011). *Treatment plans and interventions for depression and anxiety disorders, 2nd Ed.*. New York: The Guilford Press.

Theories of PTSD

- Brewin, C. R. (2001). A cognitive neuroscience account of posttraumatic stress disorder and its treatment. *Behaviour research and therapy*, 39(4), 373-393.
- Brewin, C. R. (2011a). The nature and significance of memory disturbance in posttraumatic stress disorder. *Annual review of clinical psychology*, 7, 203-227.
- Brewin, C. R., Dalgleish, T., & Joseph, S. (1996). A dual representation theory of posttraumatic stress disorder. *Psychological Review*, 103(4), 670.
- Brewin, C. R., Gregory, J. D., Lipton, M., & Burgess, N. (2010). Intrusive images in psychological disorders: Characteristics, neural mechanisms, and treatment implications. *Psychological Review*, 117(1), 210-232. doi: 10.1037/a0018113
- Brewin, C. R., & Holmes, E. A. (2003). Psychological theories of posttraumatic stress disorder. *Clinical Psychology Review*, 23(3), 339-376.
- Ehlers, A., & Clark, D. M. (2000). A cognitive model of posttraumatic stress disorder. *Behaviour research and therapy*, 38(4), 319-345.
- Foa, E. B., Steketee, G., & Rothbaum, B. O. (1989). Behavioral/cognitive conceptualizations of post-traumatic stress disorder. *Behavior therapy*, 20(2), 155-176.

Reviews of psychotherapies for PTSD

- Benish, S. G., Imel, Z. E., & Wampold, B. E. (2008). The relative efficacy of bona fide psychotherapies for treating post-traumatic stress disorder: A meta-analysis of direct comparisons. *Clinical Psychology Review*, 28(5), 746-758. doi: 10.1016/j.cpr.2007.10.005
- Bisson, J., Ehlers, A., Matthews, R., Pilling, S., Richards, D., & Turner, S. (2007). Systematic review and metaanalysis of psychological treatments for posttraumatic stress disorder. *British Journal of Psychiatry*, 190, 97-104.
- Bradley, R., Greene, J., Russ, E., Dutra, L., & Westen, D. (2005). A multidimensional meta-analysis of psychotherapy for PTSD. *Am J Psychiatry*, 162(2), 214-227. doi: 10.1176/appi.ajp.162.2.214
- Ehlers, A., Bisson, J., Clark, D. M., Creamer, M., Pilling, S., Richards, D., . . . Yule, W. (2010). Do all psychological treatments really work the same in posttraumatic stress disorder? *Clinical Psychology Review*, 30(2), 269-276. doi: 10.1016/j.cpr.2009.12.001
- Foa, E. B., Keane, T. M., Friedman, M. J., & International Society for Traumatic Stress Studies. (2000). *Effective treatments for PTSD : practice guidelines from the International Society for Traumatic Stress Studies*. New York: Guilford Press.

- Harvey, A. G., Bryant, R. A., & Tarrier, N. (2003). Cognitive behaviour therapy for posttraumatic stress disorder. *Clinical Psychology Review, 23*(3), 501-522.
- IOM. (2008). Treatment of posttraumatic stress disorder: An assessment of the evidence. Washington, DC: Institute of Medicine.
- Kar, N. (2011). Cognitive behavioral therapy for the treatment of post-traumatic stress disorder: a review. *Neuropsychiatric disease and treatment, 7*, 167.
- Wampold, B. E., Imel, Z. E., Laska, K. M., Benish, S., Miller, S. D., Flückiger, C., . . . Budge, S. (2010). Determining what works in the treatment of PTSD. *Clinical Psychology Review, 30*(8), 923-933. doi: 10.1016/j.cpr.2010.06.005

Reviews: Exposure Therapy

- Frueh, B. C., Turner, S. M., & Beidel, D. C. (1995). Exposure therapy for combat-related PTSD: A critical review. *Clinical Psychology Review, 15*(8), 799-817. doi: 10.1016/0272-7358(95)00049-6
- McLean, C. P., & Foa, E. B. (2011). Prolonged exposure therapy for post-traumatic stress disorder: a review of evidence and dissemination. *Expert review of neurotherapeutics, 11*(8), 1151-1163.
- Powers, M. B., Halpern, J. M., Ferenschak, M. P., Gillihan, S. J., & Foa, E. B. (2010). A meta-analytic review of prolonged exposure for posttraumatic stress disorder. *Clinical Psychology Review, 30*(6), 635-641.
- Tuerk, P. W., Yoder, M., Grubaugh, A., Myrick, H., Hamner, M., & Acierno, R. (2010). Prolonged exposure therapy for combat-related posttraumatic stress disorder: An examination of treatment effectiveness for veterans of the wars in Afghanistan and Iraq. *Journal of Anxiety Disorders.*

Clinical trials: Exposure therapy

- Bryant, R. A., Moulds, M. L., Guthrie, R. M., Dang, S. T., Mastrodomenico, J., Nixon, R. D. V., . . . Creamer, M. (2008). A randomized controlled trial of exposure therapy and cognitive restructuring for posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology, 76*(4), 695-703. doi: 10.1037/a0012616
- Foa, E. B., Hembree, E. A., Cahill, S. P., Rauch, S. A. M., Riggs, D. S., Feeny, N. C., & Yadin, E. (2005). Randomized trial of prolonged exposure for posttraumatic stress disorder with and without cognitive restructuring: Outcome at academic and community clinics. *Journal of Consulting and Clinical Psychology, 73*(5), 953-964. doi: 10.1037/0022-006x.73.5.953
- Foa, E. B., & Rauch, S. A. M. (2004). Cognitive Changes During Prolonged Exposure Versus Prolonged Exposure Plus Cognitive Restructuring in Female Assault Survivors With Posttraumatic Stress Disorder. *Journal of Consulting and Clinical Psychology, 72*(5), 879-884. doi: 10.1037/0022-006x.72.5.879
- Gerardi, M., Cukor, J., Difede, J. A., Rizzo, A., & Rothbaum, B. O. (2010). Virtual reality exposure therapy for post-traumatic stress disorder and other anxiety disorders. *Current psychiatry reports, 1*-8.

- Hagenaars, M. A., van Minnen, A., & Hoogduin, K. A. L. (2010). The impact of dissociation and depression on the efficacy of prolonged exposure treatment for PTSD. *Behaviour research and therapy*, 48(1), 19-27.
- Hinton, D. E., Hofmann, S. G., Rivera, E., Otto, M. W., & Pollack, M. H. (2011). Culturally adapted CBT (CA-CBT) for Latino women with treatment-resistant PTSD: A pilot study comparing CA-CBT to applied muscle relaxation. *Behaviour research and therapy*.
- Johnson, D. M., Zlotnick, C., & Perez, S. (2011). Cognitive behavioral treatment of PTSD in residents of battered women's shelters: Results of a randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 79(4), 542.
- Moser, J. S., Cahill, S. P., & Foa, E. B. (2010). Evidence for Poorer Outcome in Patients With Severe Negative Trauma-Related Cognitions Receiving Prolonged Exposure Plus Cognitive Restructuring: Implications for Treatment Matching in Posttraumatic Stress Disorder. *The Journal of nervous and mental disease*, 198(1), 72-75.
- Nacasch, N., Foa, E. B., Huppert, J. D., Tzur, D., Fostick, L., Dinstein, Y., . . . Zohar, J. (2010). Prolonged exposure therapy for combat-and terror-related posttraumatic stress disorder: a randomized control comparison with treatment as usual. *The Journal of clinical psychiatry*.

Clinical trials: Cognitive therapy and Cognitive Processing Therapy

- Chard, K. M., Schumm, J. A., Owens, G. P., & Cottingham, S. M. (2010). A comparison of OEF and OIF veterans and Vietnam veterans receiving cognitive processing therapy. *Journal of traumatic stress*, 23(1), 25-32.
- Duffy, M., Gillespie, K., & Clark, D. M. (2007). Post-traumatic stress disorder in the context of terrorism and other civil conflict in Northern Ireland: randomised controlled trial. *BMJ*, 334(7604), 1147.
- Ehlers, A., Clark, D. M., Hackmann, A., Grey, N., Liness, S., Wild, J., . . . McManus, F. (2010). Intensive cognitive therapy for PTSD: A feasibility study. *Behavioural and Cognitive Psychotherapy*, 38(04), 383-398.
- Ehlers, A., Clark, D. M., Hackmann, A., McManus, F., & Fennell, M. (2005). Cognitive therapy for post-traumatic stress disorder: development and evaluation. *Behaviour research and therapy*, 43(4), 413-431. doi: 10.1016/j.brat.2004.03.006
- Ehlers, A., Clark, D. M., Hackmann, A., McManus, F., Fennell, M., Herbert, C., & Mayou, R. (2003). A randomized controlled trial of cognitive therapy, a self-help booklet, and repeated assessments as early interventions for posttraumatic stress disorder. *Archives of General Psychiatry*, 60(10), 1024.
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- Gillespie, K., Duffy, M., Hackmann, A., & Clark, D. M. (2002). Community based cognitive therapy in the treatment of post-traumatic stress disorder following the Omagh bomb. *Behaviour research and therapy*, 40(4), 345-357.

- Iverson, K. M., Resick, P. A., Suvak, M. K., Walling, S., & Taft, C. T. (2011). Intimate Partner Violence Exposure Predicts PTSD Treatment Engagement and Outcome in Cognitive Processing Therapy. *Behavior therapy*.
- Monson, C. M., Schnurr, P. P., Resick, P. A., Friedman, M. J., Young-Xu, Y., & Stevens, S. P. (2006). Cognitive processing therapy for veterans with military-related posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*, *74*(5), 898-907. doi: 10.1037/0022-006x.74.5.898
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- Resick, P. A., Galovski, T. E., Uhlmansiek, M. O. B., Scher, C. D., Clum, G. A., & Young-Xu, Y. (2008). A randomized clinical trial to dismantle components of cognitive processing therapy for posttraumatic stress disorder in female victims of interpersonal violence. *Journal of Consulting and Clinical Psychology*, *76*(2), 243-258. doi: 10.1037/0022-006x.76.2.243
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- Tarrier, N., Pilgrim, H., Sommerfield, C., Faragher, B., Reynolds, M., Graham, E., & Barrowclough, C. (1999). A randomized trial of cognitive therapy and imaginal exposure in the treatment of chronic posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*, *67*(1), 13.

Relevance of neuroimaging data for CBT research and clinical practice

- Beauregard, M. (2007). Mind does really matter: Evidence from neuroimaging studies of emotional self-regulation, psychotherapy, and placebo effect. [Review]. *Progress in Neurobiology*, *81*(4), 218-236. doi: 10.1016/j.pneurobio.2007.01.005
- Brewin, C. R., Gregory, J. D., Lipton, M., & Burgess, N. (2010). Intrusive images in psychological disorders: Characteristics, neural mechanisms, and treatment implications. *Psychological Review*, *117*(1), 210.
- Felmingham, K., Kemp, A., Williams, L., Das, P., Hughes, G., Peduto, A., & Bryant, R. (2007). Changes in anterior cingulate and amygdala after cognitive behavior therapy of posttraumatic stress disorder. *Psychological Science*, *18*(2), 127-129.
- Frewen, P. A., Dozois, D. J. A., & Lanius, R. A. (2008). Neuroimaging studies of psychological interventions for mood and anxiety disorders: Empirical and methodological review. [Article]. *Clinical Psychology Review*, *28*(2), 228-246. doi: 10.1016/j.cpr.2007.05.002
- Frewen, P. A., Dozois, D. J. A., & Lanius, R. A. (2010). Neuroimaging Studies of Psychological Interventions for Mood and Anxiety Disorders: Empirical and Methodological Review. *Focus*, *8*(1), 92.
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Fear conditioning and extinction

Alvarez, R. P., Biggs, A., Chen, G., Pine, D. S., & Grillon, C. (2008). Contextual fear conditioning in humans: Cortical-hippocampal and amygdala contributions. [Article]. *Journal of Neuroscience*, 28(24), 6211-6219. doi: 10.1523/jneurosci.1246-08.2008

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Linnman, C., Rougemont-Bücking, A., Beucke, J. C., Zeffiro, T. A., & Milad, M. R. (2011). Unconditioned responses and functional fear networks in human classical conditioning. *Behavioural Brain Research*, 221(1), 237-245.

Milad, M. R., Orr, S. P., Lasko, N. B., Chang, Y., Rauch, S. L., & Pitman, R. K. (2008). Presence and acquired origin of reduced recall for fear extinction in PTSD: results of a twin study. *J Psychiatr Res*, 42(7), 515-520. doi: S0022-3956(08)00026-5 [pii]

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- Orr, S. P., Metzger, L. J., Lasko, N. B., Macklin, M. L., Peri, T., & Pitman, R. K. (2000). De novo conditioning in trauma-exposed individuals with and without posttraumatic stress disorder. [Article]. *Journal of Abnormal Psychology*, *109*(2), 290-298.
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PTSD Assessment

- Beck, A. T., Steer, R. A., & Garbin, M. G. (1988). Psychometric properties of the Beck Depression Inventory: Twenty-five years of evaluation. *Clinical Psychology Review*, 8, 77-100.
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- Garner, D. M., Olmsted, M. P., Bohr, Y., & Garfinkel, P. E. (1982). The Eating Attitudes Test: Psychometric features and clinical correlates. *Psychological Medicine*, 12, 871-878.

Moderating variables that may affect patient response to CBT treatment and may inform troubleshooting in conducting exposure treatment

- Cook, J. M., Schnurr, P. P., & Foa, E. B. (2004). Bridging the Gap Between Posttraumatic Stress Disorder Research and Clinical Practice: The Example of Exposure Therapy. *Psychotherapy: Theory, Research, Practice, Training*, 41(4), 374-387. doi: 10.1037/0033-3204.41.4.374
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- Hembree, E. A., Rauch, S. A. M., & Foa, E. B. (2004). Beyond the manual: The insider's guide to prolonged exposure therapy for PTSD. *Cognitive and Behavioral Practice, 10*(1), 22-30.
- Iverson, K. M., Resick, P. A., Suvak, M. K., Walling, S., & Taft, C. T. (2011). Intimate Partner Violence Exposure Predicts PTSD Treatment Engagement and Outcome in Cognitive Processing Therapy. *Behavior therapy, 48*(1), 1-12.
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- Moser, J. S., Cahill, S. P., & Foa, E. B. (2010a). Evidence for Poorer Outcome in Patients With Severe Negative Trauma-Related Cognitions Receiving Prolonged Exposure Plus Cognitive Restructuring: Implications for Treatment Matching in Posttraumatic Stress Disorder. *The Journal of nervous and mental disease, 198*(1), 72-75.
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Cognitive-behavioral treatments for PTSD: Special populations

- Clapp, J. D., & Beck, J. G. (2011). Treatment of PTSD in Older Adults: Do Cognitive-Behavioral Interventions Remain Viable? *Cognitive and Behavioral Practice, 18*(1), 1-12.
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Clinical practice guidelines

Article that examines various guidelines and to compare and contrast their methodologies and recommendations to aid clinicians in making decisions about their use:

- Forbes, D., Creamer, M., Bisson, J. I., Cohen, J. A., Crow, B. E., Foa, E. B., . . . Ursano, R. J. (2010). A guide to guidelines for the treatment of PTSD and related conditions. *Journal of Traumatic Stress*, *23*(5), 537-552.

Clinical Practice Guidelines for Posttraumatic Stress Disorder

1. Clinical Practice Guideline for the Management of Post-Traumatic Stress VA/DoD Management of Post-Traumatic Stress Working Group, 2004 (http://www.healthquality.va.gov/Post_Traumatic_Stress_Disorder_PTSD.asp)
2. American Psychiatric Association Practice Guideline for the Treatment of Patients with ASD and PTSD American Psychiatric Association, 2004 (http://www.psychiatryonline.com/pracGuide/pracGuideTopic_11.aspx)

Created by Maren Westphal, Ph.D.

3. UK National Institute for Health and Clinical Excellence (NICE) Guidelines National Institute for Health and Clinical Excellence, [2005](http://www.nice.org.uk/Guidance/CG26) (<http://www.nice.org.uk/Guidance/CG26>)
4. Australian National Health and Medical Research Council (NHMRC) Guidelines Australian Centre for Posttraumatic Mental Health, [2007](http://www.nhmrc.gov.au/publications/synopses/mh13syn.htm) (<http://www.nhmrc.gov.au/publications/synopses/mh13syn.htm>)
5. The International Society for Traumatic Stress Studies (ISTSS) Guidelines Foa, Keane, Friedman, & Cohen, 2008 (www.istss.org;))
6. American Academy of Child and Adolescent Psychiatry (AACAP) Practice Parameters for PTSD in Children and Adolescents American Academy of Child and Adolescent Psychiatry; Cohen et al., [2010](http://www.aacap.org) (<http://www.aacap.org>)
7. Institute of Medicine. (2007). Treatment of PTSD: Assessment of the evidence. The National Academies Press, Washington, DC

Free download: <http://www.iom.edu/Reports/2007/Treatment-of-PTSD-An-Assessment-of-The-Evidence.aspx>

Training Sites

Training modules on PTSD (VA)

<http://www.ptsd.va.gov/professional/ptsd101/course-modules/cbi-for-ptsd.asp>

Computer Programs

FearFighter. Coventry, England, ST Solutions, 1996. Available at: <http://fearfighter.com>.
Virtual reality programs by Rothbaum B et al. Decatur, GA, Virtually Better, 1996.

Available at: <http://virtuallybetter.com>.

Websites for obtaining information leaflets for patients

The **Anxiety Disorders Association of British Columbia (AnxietyBC™)** is a non profit organization which was started in early spring of 1999 by a group of concerned consumers, family members, and professionals, who work to increase awareness about anxiety disorders; promote education of the general public, affected persons, and health care providers; and increase access to evidence-based resources and treatments.

<http://www.anxietybc.com/resources/ptsd.php>

National Institute for Health and Clinical Excellence (2005). Post-traumatic stress disorder (PTSD): Information for the public. *Retrieved from:*

<http://www.nice.org.uk/nicemedia/pdf/CG026publicinfo.pdf>

See also resources on websites listed below

Professional Organizations With Special Interest in Cognitive-Behavior Therapy

Academy of Cognitive Therapy (<http://www.academyofct.org>)

Created by Maren Westphal, Ph.D.

Association for Advancement of Behavior Therapy (<http://www.aabt.org>)

British Association for Behavioural and Cognitive Psychotherapies
(<http://www.babcp.com>)

European Association for Behavioural and Cognitive Therapies
(<http://www.eabct.com>)

International Association for Cognitive Psychotherapy
(<http://www.cognitivetherapyassociation.org>)

Treating co-occurring PTSD and substance use disorders

Seeking Safety

<http://www.seekingsafety.org>

<http://www.seekingsafety.org/3-03-06/articles.html>

Miscellaneous articles that I hope you will find helpful!

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