

# Processes of change in trauma-focused cognitive therapy for PTSD

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# Introduction to cognitive therapy for PTSD

# Treatment goals based on Ehlers and Clark (2000)

Memory  
features

Problematic  
appraisals

**Elaborate**  
trauma  
memory

**Identify and modify**  
problematic  
appraisals

Cognitive model  
of PTSD



Cognitive therapy  
for PTSD

Unhelpful coping  
strategies

**Dropping**  
unhelpful coping  
strategies

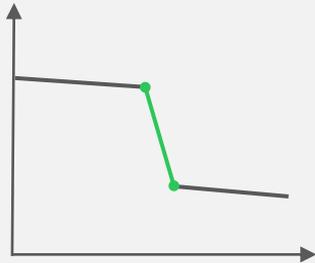
2.

Proposed projects

# Three ways of exploring processes of change

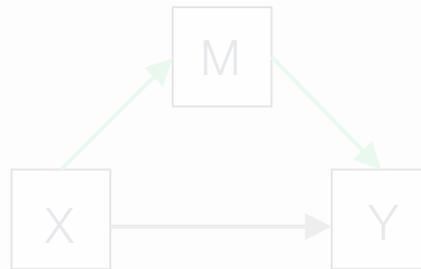
## Sudden Gains

Why do some patients experience **sudden gains** in therapy?



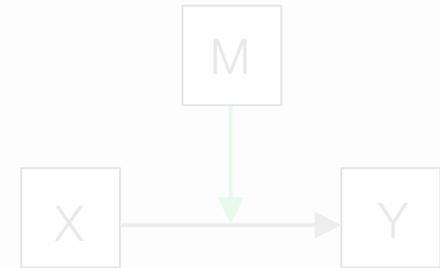
## Mediation

Why and **how** does therapeutic change occur?



## Moderation

For **whom** and under **what conditions** does change occur?

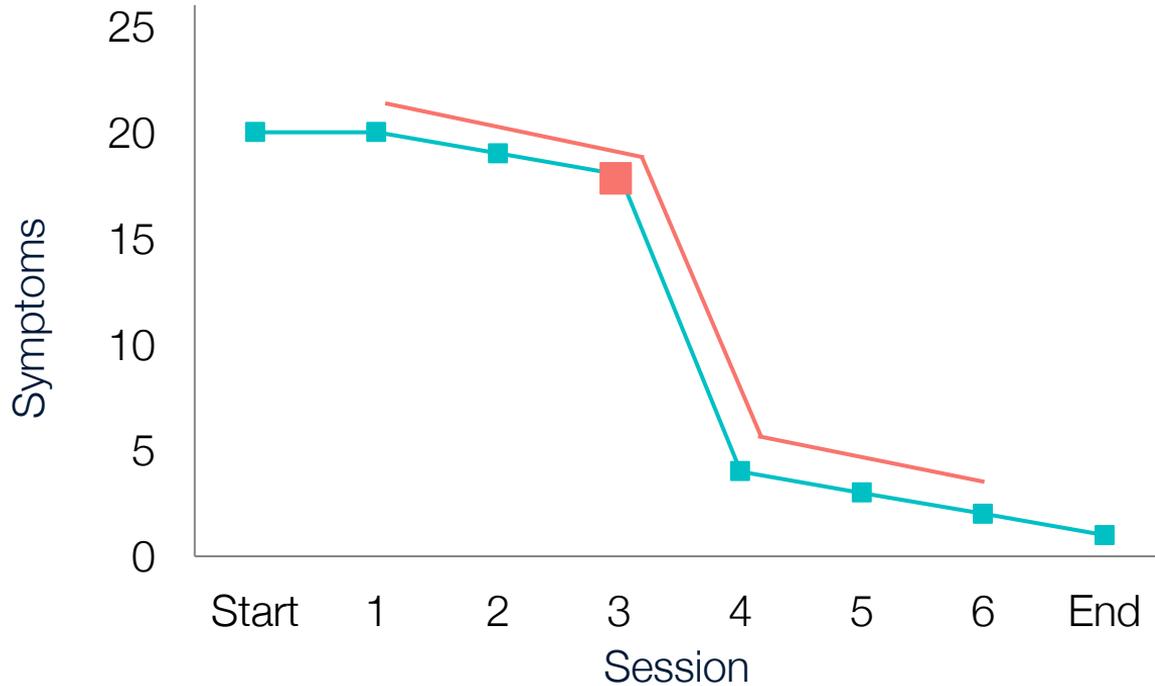


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Sudden gains in cognitive  
therapy for PTSD

# How is a sudden gain **defined**?



**Large  
absolute  
gain**

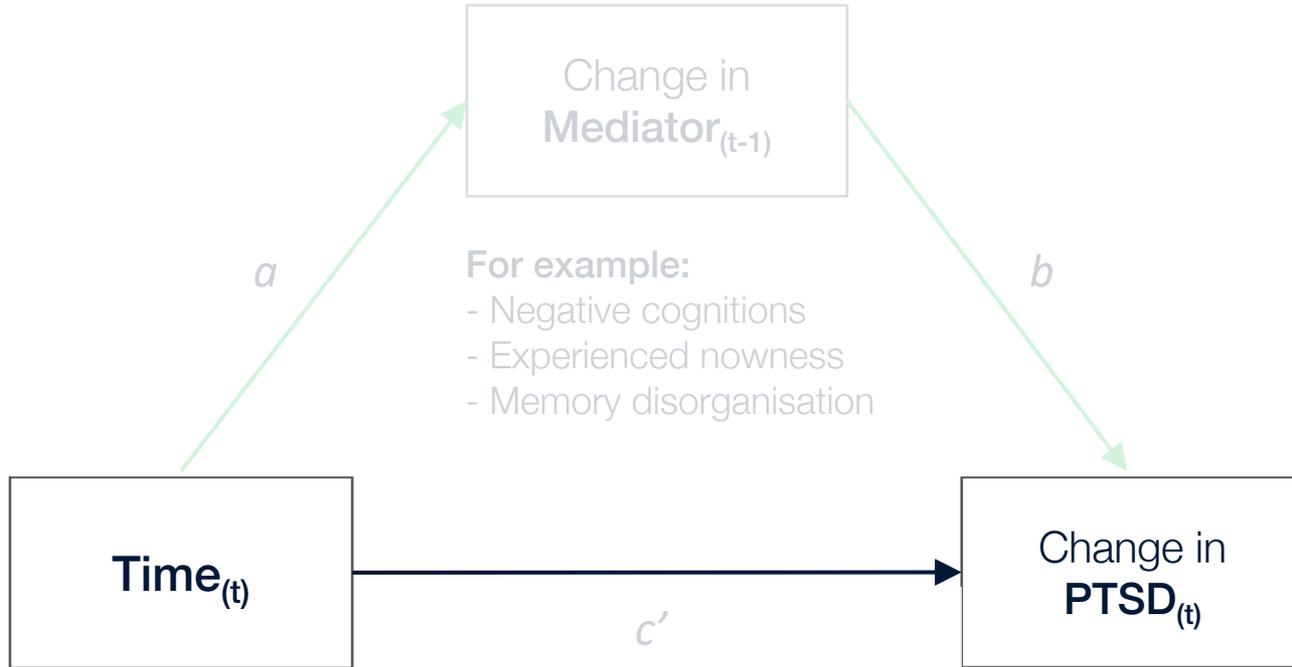
**Large  
relative gain  
magnitude**

**Large  
relative to  
fluctuations**

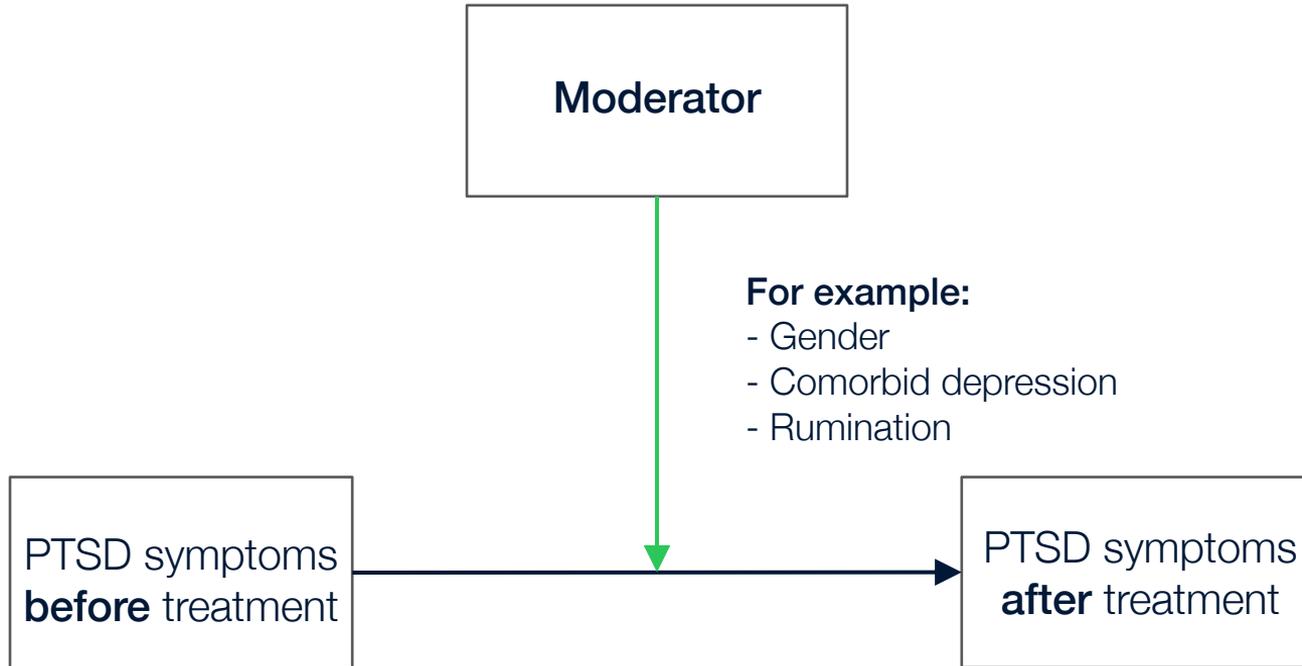
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Next steps

# Mediation of clinical improvement



# Moderation



# Acknowledgements

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THE AUSTIN AND HOPE PILKINGTON TRUST

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