



**Are you living with HIV?  
Have you experienced  
trauma?**

It is common for people with HIV to have symptoms of post-traumatic stress disorder (PTSD). Cognitive Processing Therapy (CPT) is an effective treatment that we offer to our clients with PTSD.

**Cognitive Processing Therapy (CPT)** is an effective treatment that may be right for you.

To learn more about CPT,  
contact us today.



**A way  
to heal  
from  
trauma**





**Find out if CPT  
is right for you**



# Through CPT,

you will meet with a counselor over several sessions to challenge unrealistic and unhelpful thoughts related to trauma.

## CPT helps clients learn to:

-  Stop unhelpful thoughts
-  Build self-esteem and inner power
-  Improve relationships and trust in others
-  Experience fewer symptoms of PTSD and depression

**CPT has helped many people with HIV recover from PTSD and live healthier lives.**