

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

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1.

# 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

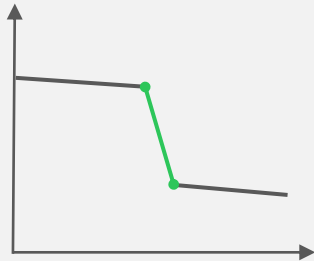
2.

Proposed projects

# Three ways of exploring processes of change

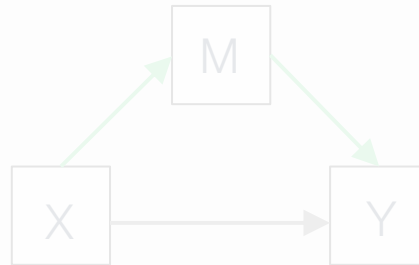
## Sudden Gains

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



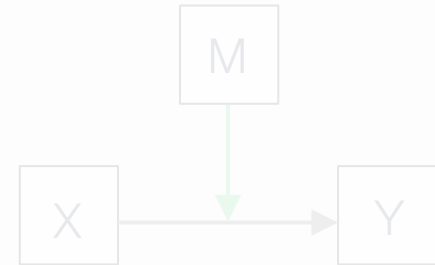
## Mediation

Why and how does therapeutic change occur?



## Moderation

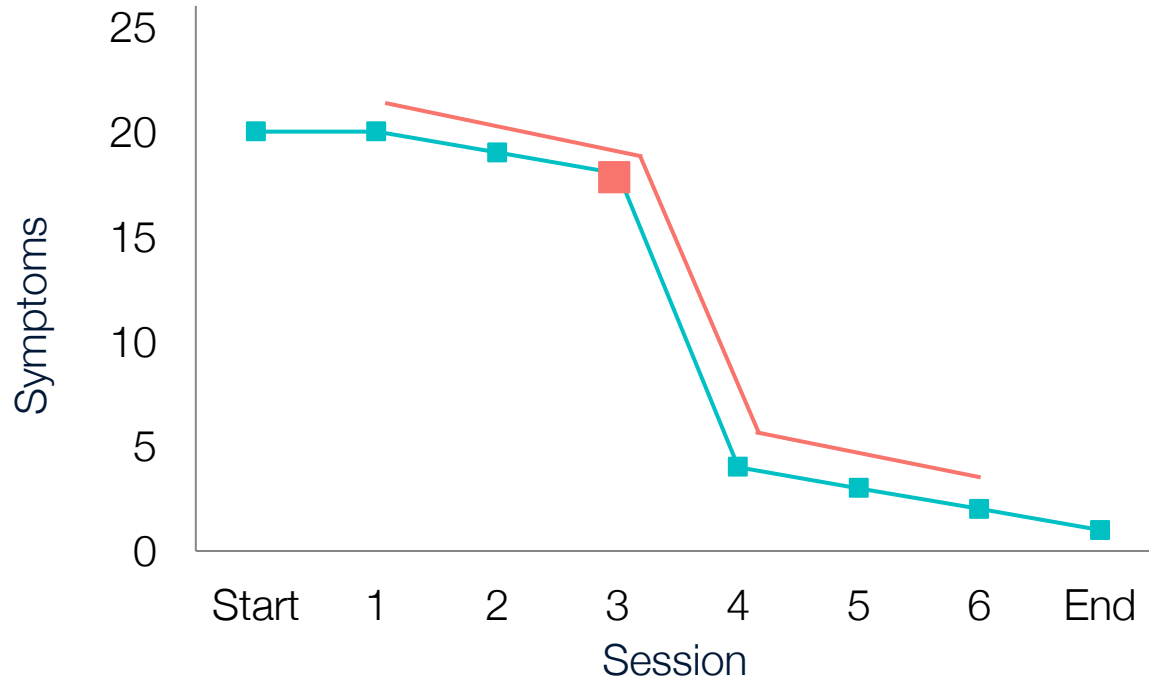
For whom and under what conditions does change occur?



3.

Sudden gains in cognitive  
therapy for PTSD

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

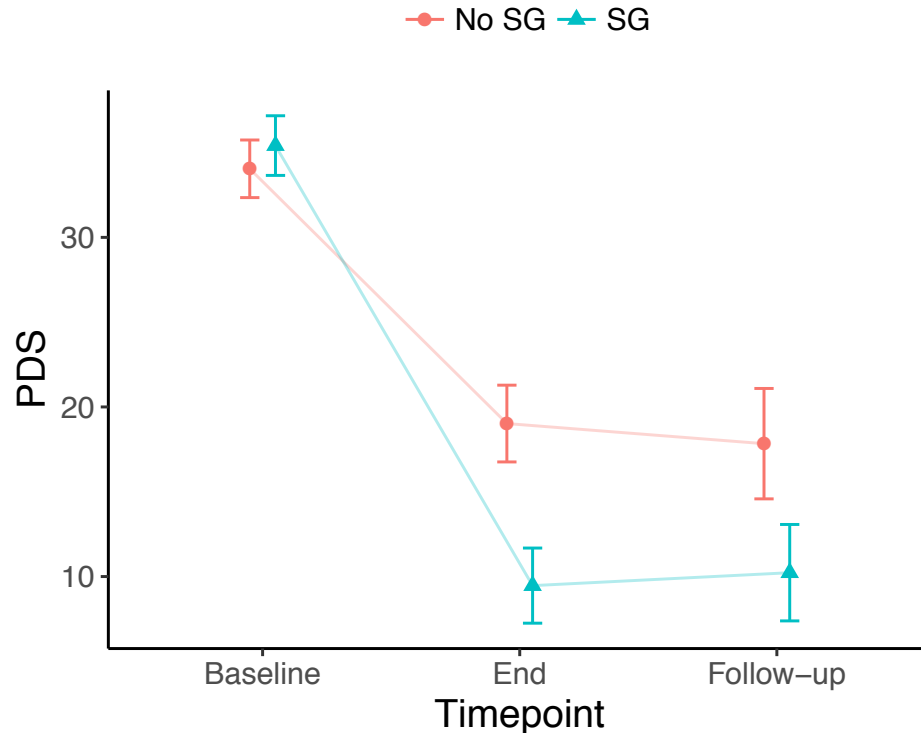


**Large  
absolute  
gain**

**Large  
relative gain  
magnitude**

**Large  
relative to  
fluctuations**

# Sudden gains and **treatment outcome**



Audit 1  
( $n = 248$ )

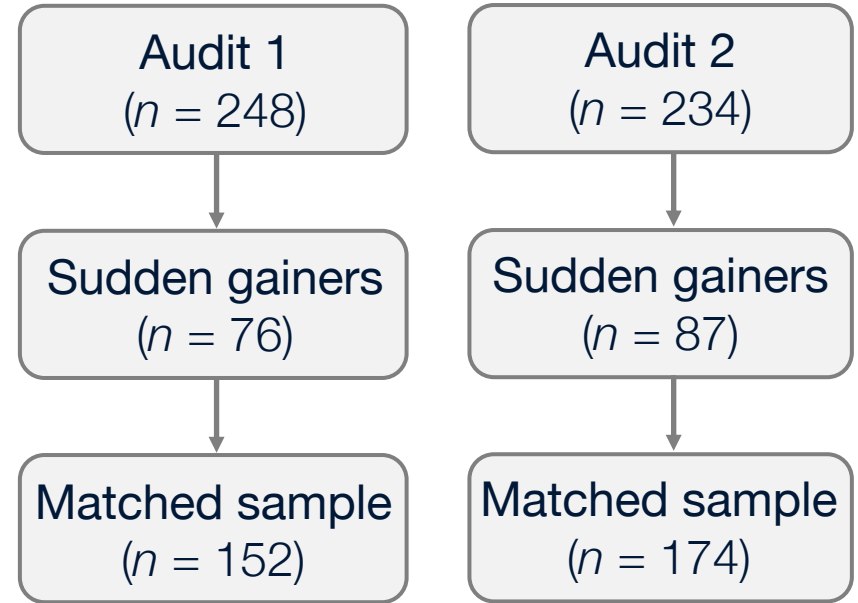
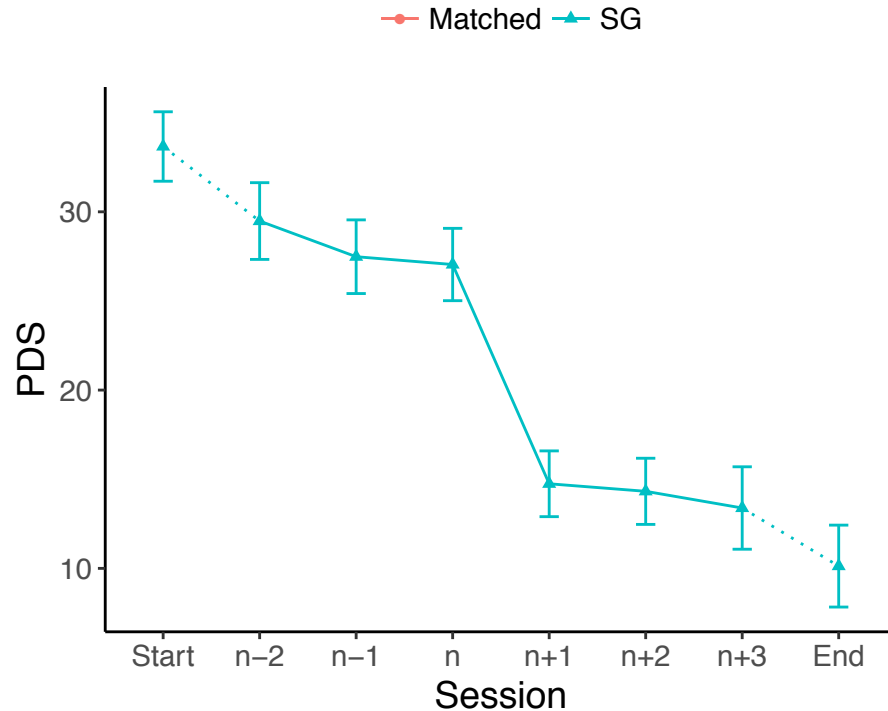
Audit 2  
( $n = 234$ )

**Why** are sudden gains linked to better treatment outcome?

What happens before and after sudden gains and **how do patients without sudden gains differ?**



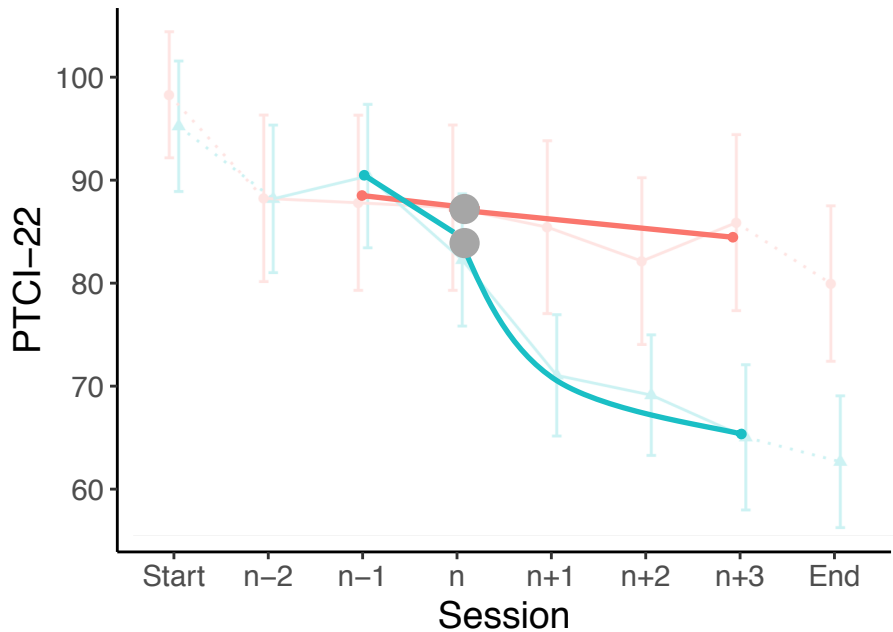
# PTSD symptoms around the sudden gain



# Change in negative cognitions before and after SGs

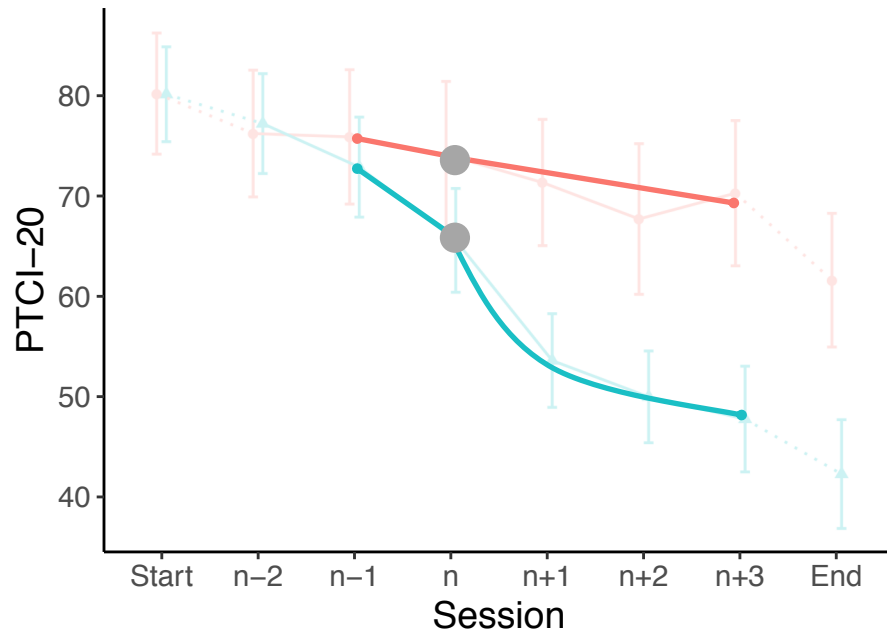
Audit 1

Matched SG



Audit 2

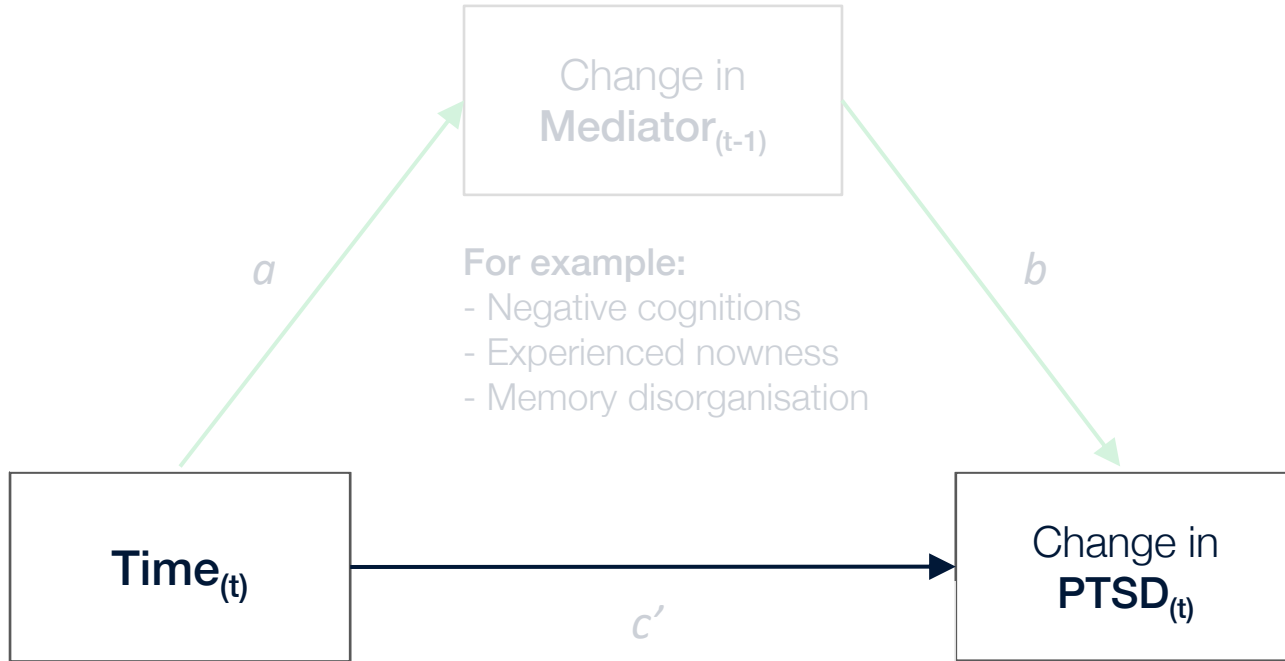
Matched SG



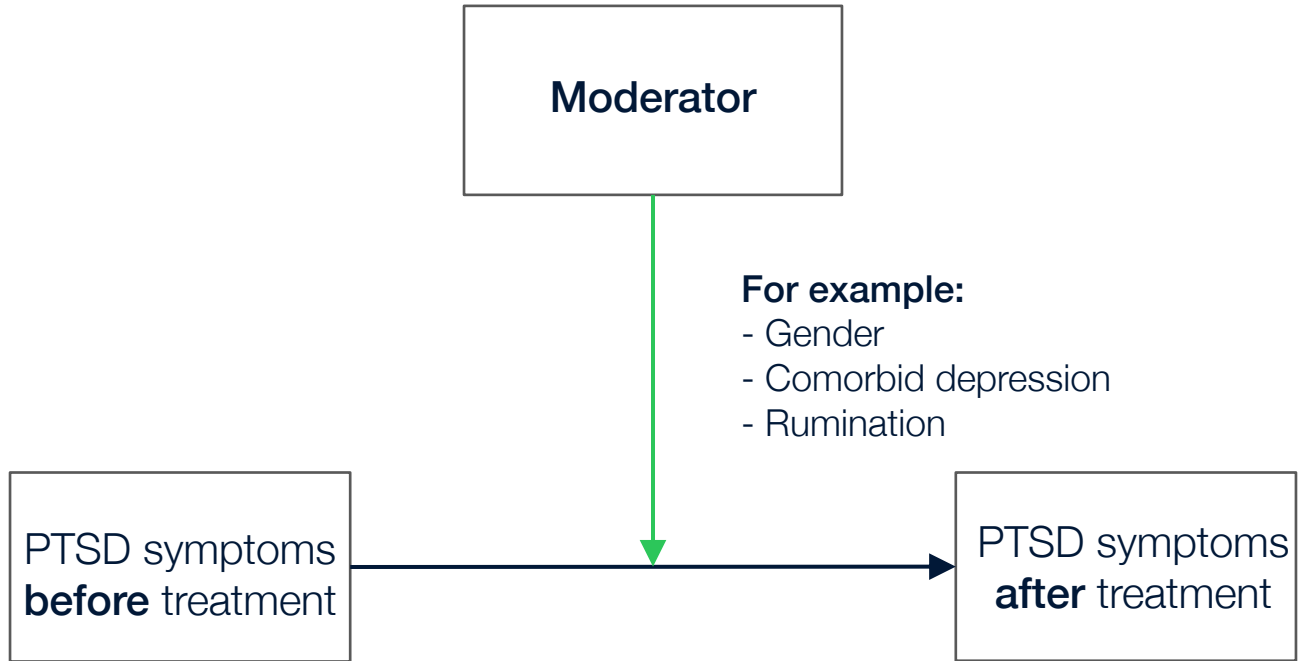
4.

Next steps

# Mediation of clinical improvement



# Moderation



# Acknowledgements

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