

FAQ

Who can use CPT Coach?

- CPT Coach is for Veterans, service members, and civilians who are engaged in Cognitive Processing Therapy (CPT) for PTSD.

Can I use CPT Coach if I am not in treatment?

- The app is designed to support people who are participating in CPT with a mental health care provider. It can also be used after completing treatment to continue to practice skills.

How private is my information?

- You do not have to enter any identifying information about yourself to use the app.
- VA mobile mental health apps are held to strict privacy standards. No data that could identify you is sent to VA or third parties.
- Any information you choose to enter into the app, such as names, phone numbers or images, stays on the app. It cannot be accessed, stored or shared by VA. You have the option to share the work you complete in the app with your health care team. Your data stays on your device unless you choose to share it.
- For more information, read the full privacy policy for mobile mental health apps: www.ptsd.va.gov/appvid/mobile/#privacy

What happens if I replace or lose my device?

- Information that you enter into the app will be automatically backed up to your device's cloud account.
- CPT Coach data can be restored if you are setting up a replacement device.

For more information about other apps from the National Center for PTSD, please visit:

www.ptsd.va.gov/appvid/mobile

Do you have questions about CPT Coach? We would love to hear from you!

MobileMentalHealth@va.gov



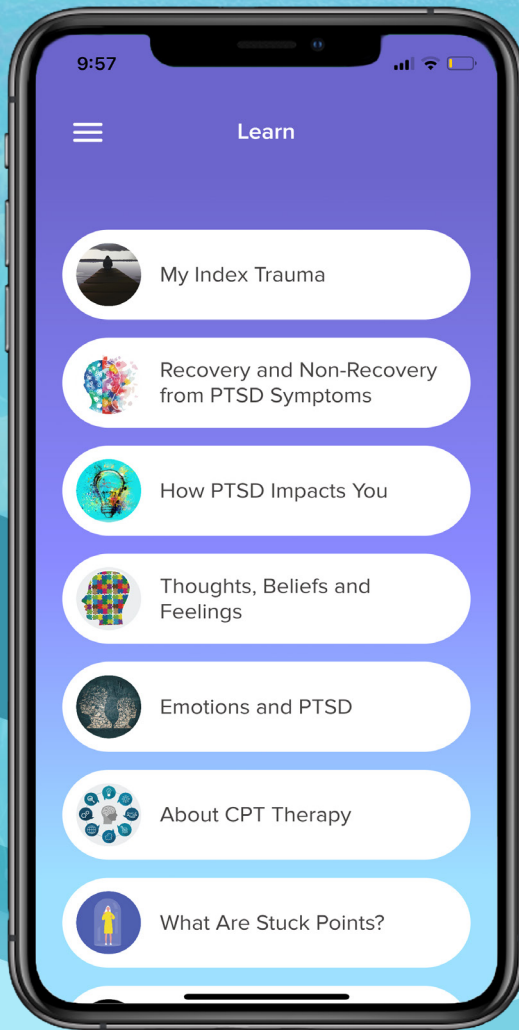
CPT COACH


CPT Coach is a free and secure mobile app. The app is for individuals with PTSD who are participating in Cognitive Processing Therapy (CPT) with a mental health care provider.



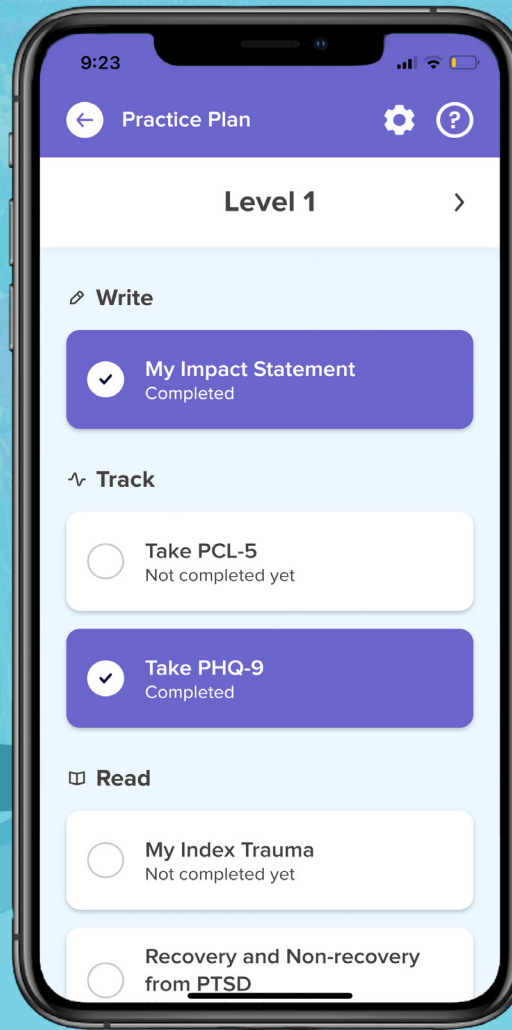
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

LEARN



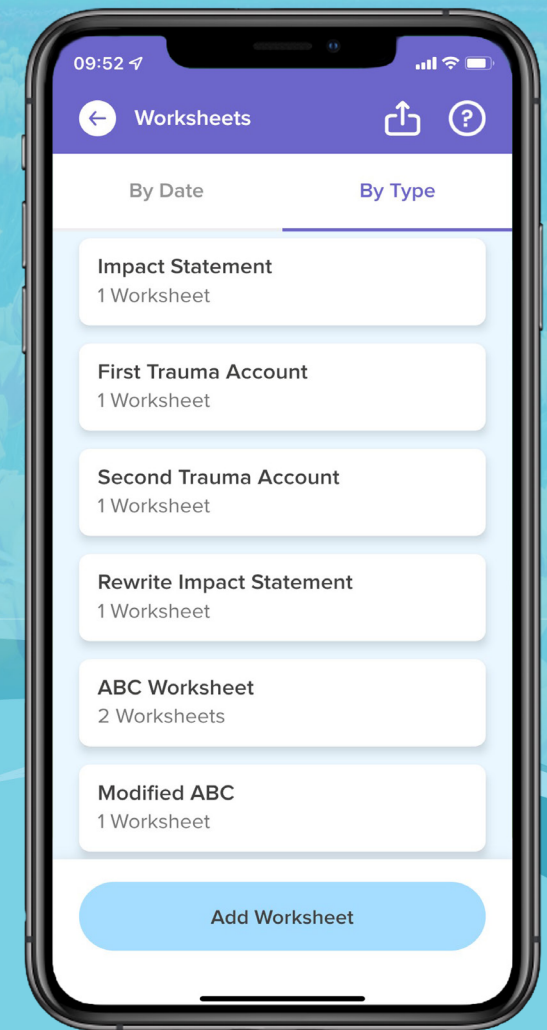
- Find answers to common questions about posttraumatic stress disorder (PTSD), CPT, and related topics.
- These items build upon what you will talk about with your therapist in session. Review them between sessions to stay on track.
- To find the Learn section: From the home screen, tap the menu icon with 3 horizontal bars  in the top left of the screen.

PRACTICE PLAN



- Complete assessments, readings and tasks related to your Practice Plan.
- Work with your mental health care provider to advance through each level of the Practice Plan.

WORKSHEETS



- Fill out worksheets in the app.
- Export worksheets from the app to share with your provider.
- You can also download blank copies to print and fill out by hand.