

**Cognitive Model of PTSD**

**Prior Experiences and Beliefs**  
**Traumata Characteristics**  
**State of Individual**  
Passive, helpless



**Cognitive Processing during Trauma**  
“Why has this happened to me? What does it say about me?  
What does it mean for the future?”



**Negative Appraisal of Traumata**  
“I brought.....on myself, so I must be....”  
**Negative Appraisal of Traumata Sequelae**  
“I used to be.....now I’ll .....”



**Nature of Traumata Memory**

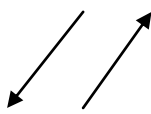
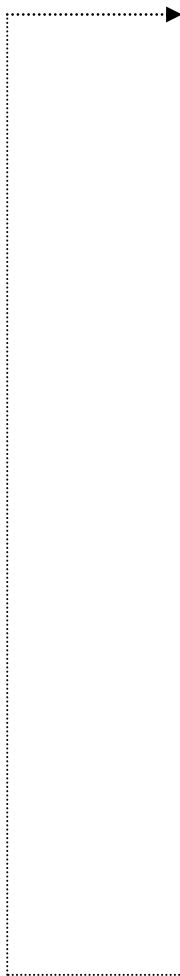


**Matching Triggers**



**Current Threat (‘active’)**  
**Intrusions:** Involuntary thoughts about traumata, flashbacks, nightmares

**Strategies Intended to Control Threat / Symptoms**



**Social Isolation**

**Poor Performance**

**High Standards**

