Aim: To develop a detailed treatment manual that modifies the existing CPT-C group treatment protocol and provide a preliminary evaluation of the modified program that incorporates evidence from cross-cultural research on self-concept, appraisals and PTSD. More specifically we aim to test the preliminary feasibility, effectiveness and possible mechanisms of change of a CPT-C treatment program that is tailored to incorporate cultural differences in self-concept and trauma related appraisals found among East Asian trauma survivors.

Design: This study would be an open trial design in which all participants will receive the modified CPT-C by a trained CPT-C clinician (Researcher will undertake 2-day CPT training). The treatment will consist of 12 weekly (90mins) group sessions using the CPT program without the written trauma account (CPT-C). CPT-C has been found to be as effective as CPT, with a lower dropout rate. Baseline and follow-up measures to be collected by additional researcher.

Participants: 9-12 adult trauma survivors (18-65 years) of Chinese background (residing in Australia for less than 5 years)

Modified CPT-C

Cognitive Therapy that targets cultural differences in self and trauma-related appraisals, with focus on:

* Communion and belonging
* Connectedness – fear of alienation/isolation
* Social obligations- duty towards one’s group
* Adjustment to event
* Norm-self compatibility
* Need to consider appraisals derived from the interdependent aspect of self – challenging appraisals associated with the public aspects of self (I am a failure as a mother) and communal self-appraisals (such as isolation from the group and a sense of social failing)
* Re-framing and reducing the level of autonomous orientation and increasing levels of relatedness
* The impact of trauma on identity and self-definition- consideration of social roles, the impact of trauma on such social roles and the value of role complexity and diversity
* Self-consistency not as important - distress focused on social role changes (not changes to private aspects of self)
* Cultural variation in self may impact transformation of meaning –may need to consider what the trauma has meant for individual’s family and other significant groups and communities to which they belong and to the relational aspects of self