

Cognitive-Behavioral Conjoint Therapy for PTSD: Initial Results from a Community Sample

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Post-Traumatic Stress Disorder

Top 5 Reasons for Conjoint Therapy for PTSD

1. Get 3 results from 1 therapy based on:
 - controlled trials of generic behavioral couple/family therapy for PTSD (e.g., Glynn et al., 1999)
 - open trial of disorder-specific CBCT for PTSD (Monson et al., 2004; 2005)
2. Negative family environment associated with worse outcome in individual treatment (e.g., Tarrier et al., 1999)
3. Existing therapies don't improve intimate relationship functioning (Monson et al., 2006; Galovski et al., 2005)
4. Drop out and Non-/partial response to existing evidence-based therapies (Bradley et al., 2005; Hembree et al., 2003)
5. PTSD highly associated with relationship problems (e.g., Whisman, 2000; Nelson Goff et al., 2006)

Overview of CBCT for PTSD

Disorder-specific intervention

Trauma-focused, but not imaginal exposure-based

15 sessions, manualized

1.25-hour sessions

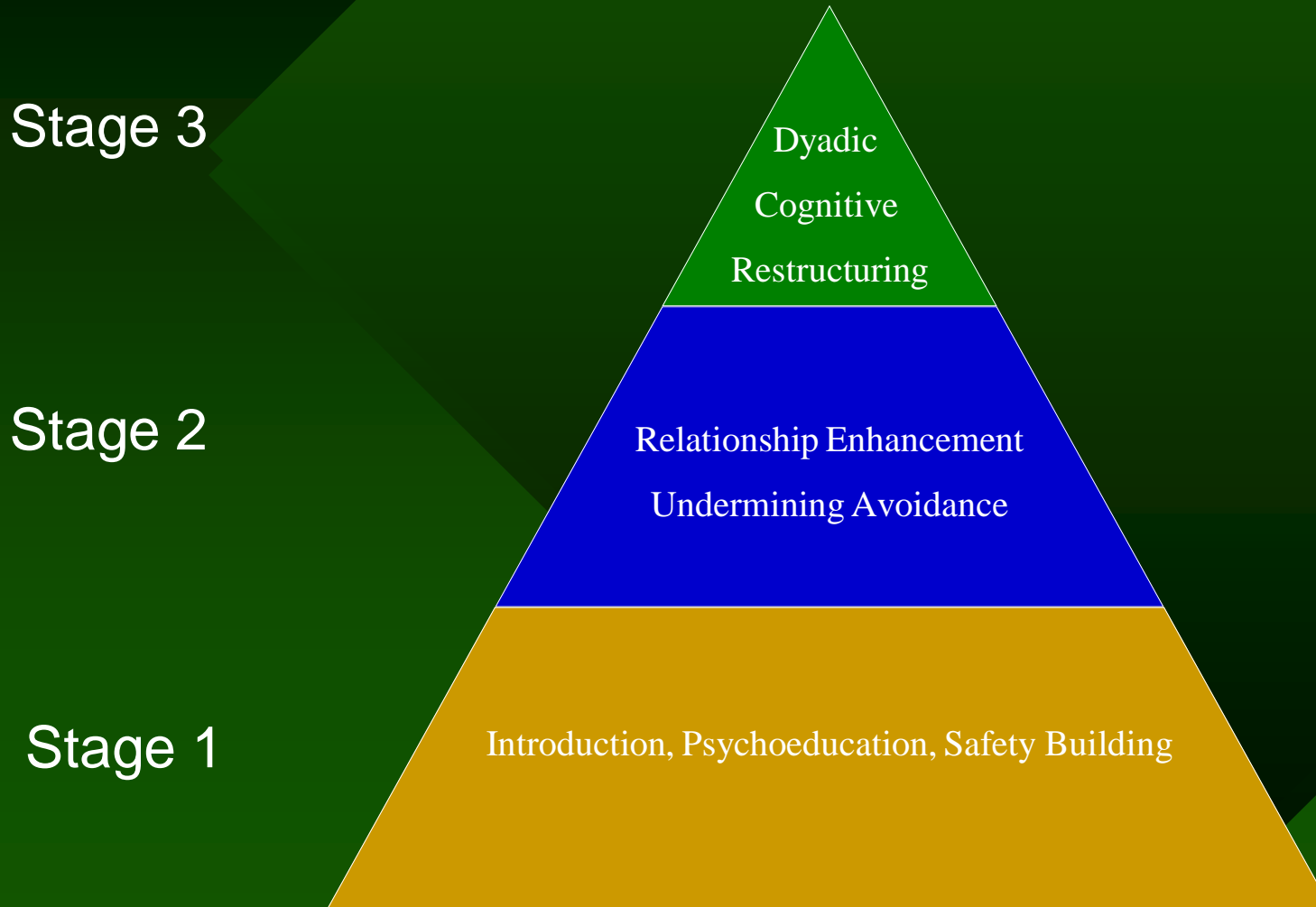
Customary inclusion/exclusion criteria for PTSD-identified partner

Partner not diagnosed with PTSD

Exclusionary criteria specific to relationship

- ◆ Current severe violence
- ◆ Minimal commitment

Cognitive-Behavioral Conjoint Therapy for PTSD



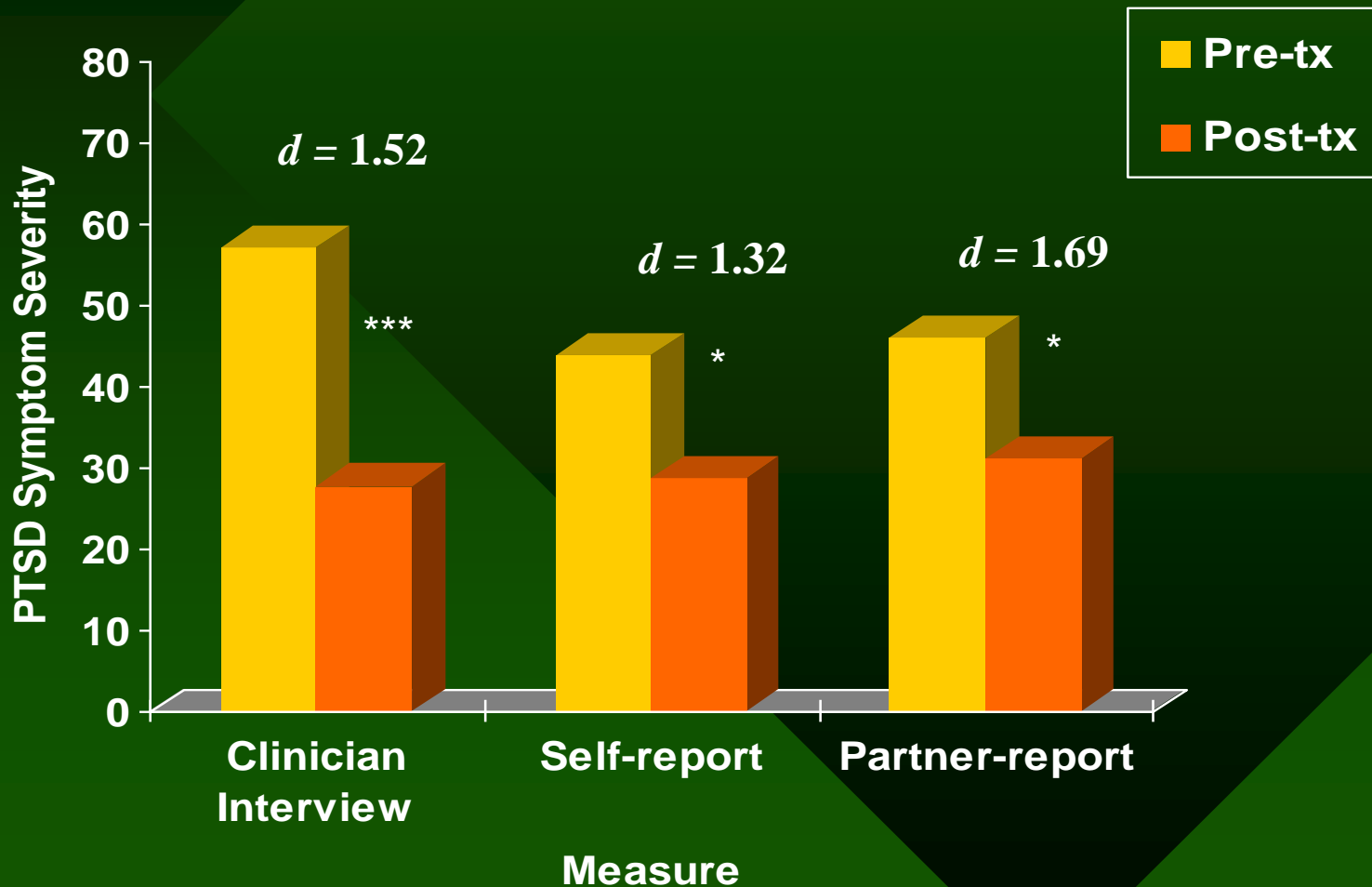
Pilot Sample Characteristics

Couple #	Trauma Type	Gender of IP	Race/ Ethnicity	Sexual Diversity
1	Harassment	Female	White	Same sex
2	OIF Combat	Male	White	Heterosexual
3	OIF Combat	Male	White	Heterosexual
4	CSA	Female	African- American	Heterosexual
5	OIF Combat	Male	White	Heterosexual
6	CSA	Female	White	Same sex
7	CSA	Male	White*	Heterosexual

Measures

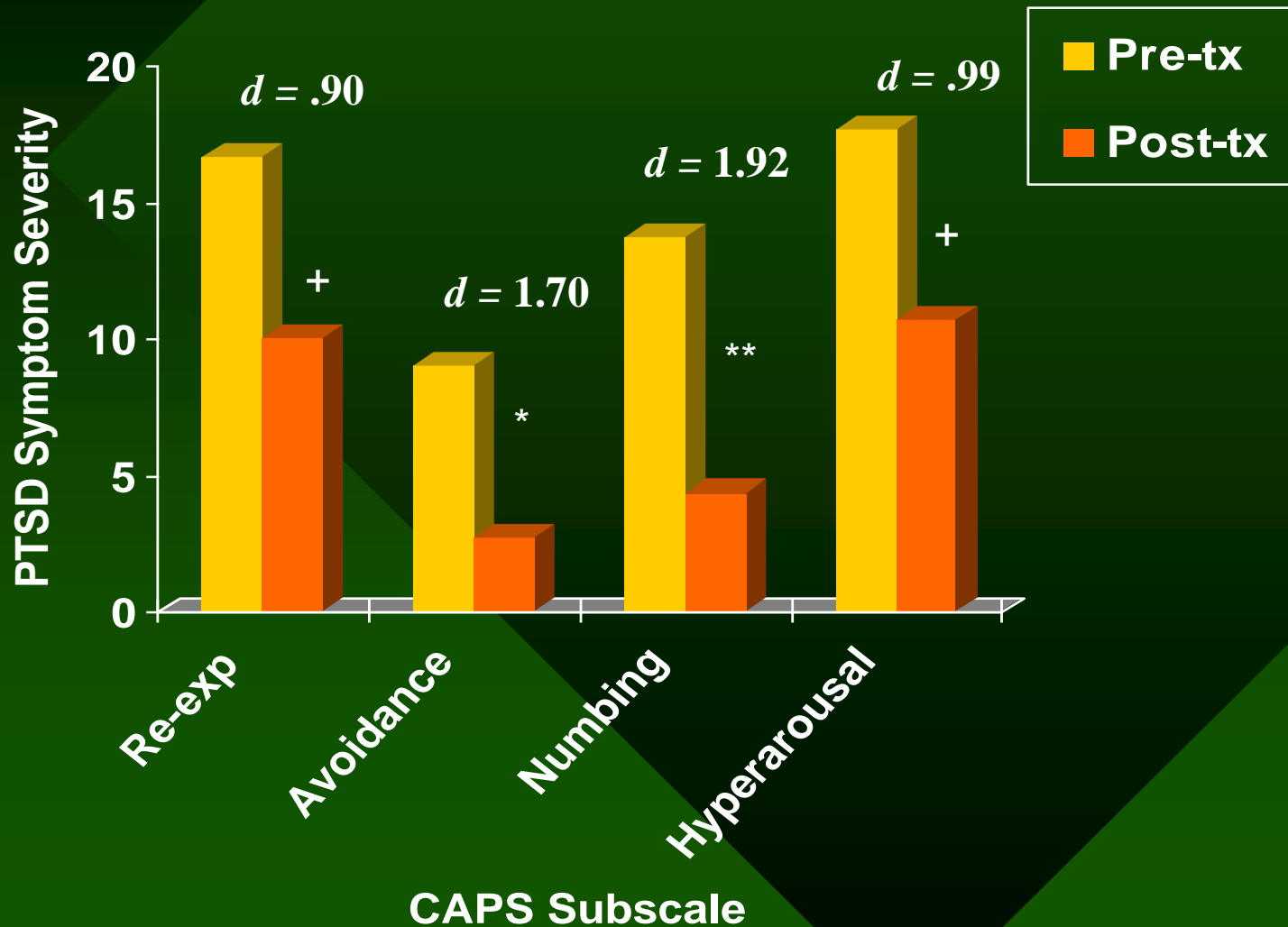
- ◆ Clinician Administered PTSD Scale (CAPS)
- ◆ PTSD Checklist (PCL)
 - ◆ Patient
 - ◆ Partner
- ◆ Dyadic Adjustment Scale (DAS)
- ◆ Beck Depression Inventory (BDI)

Overall PTSD Symptoms



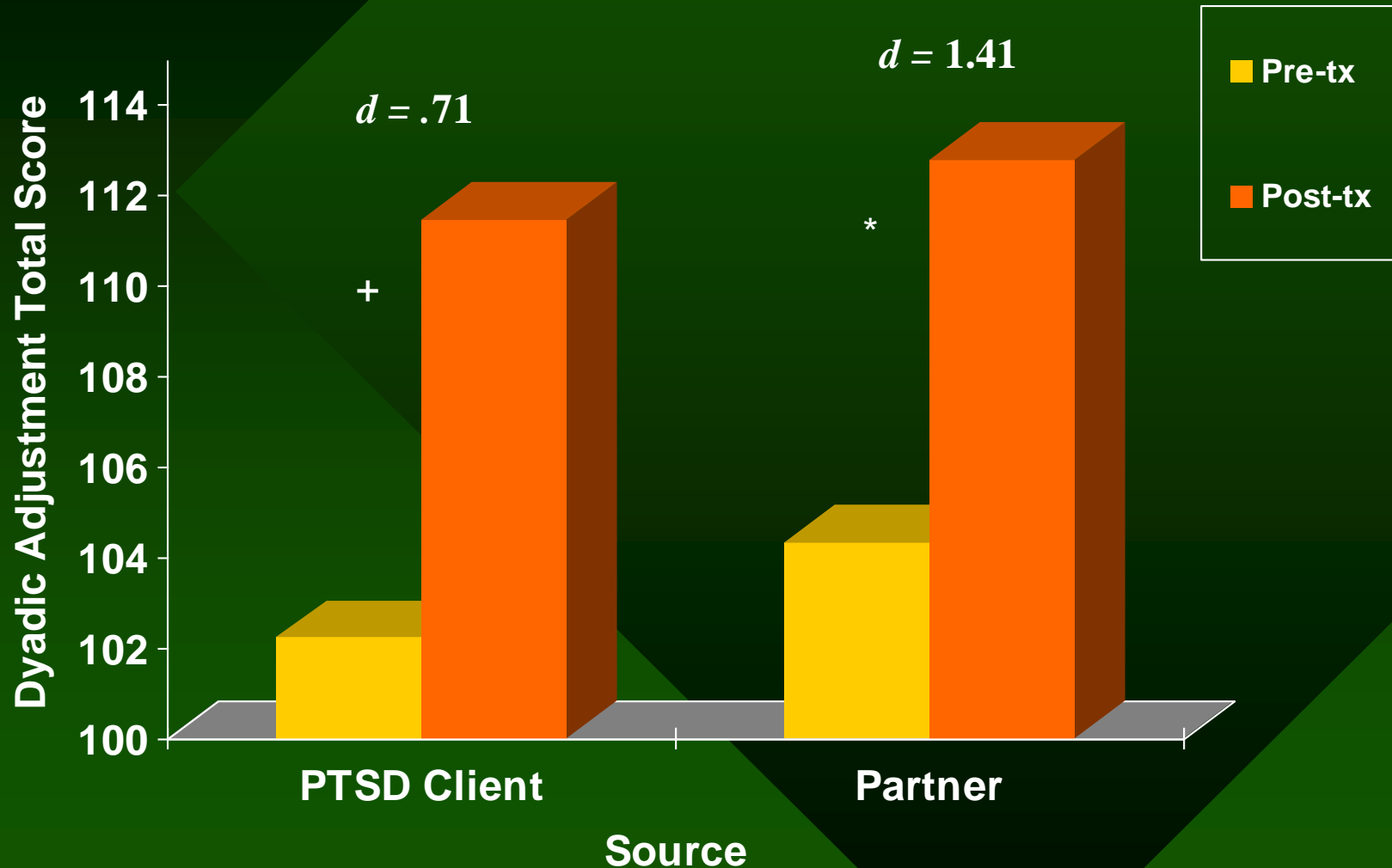
*** $p < .001$. * $p < .05$.

PTSD Symptom Clusters



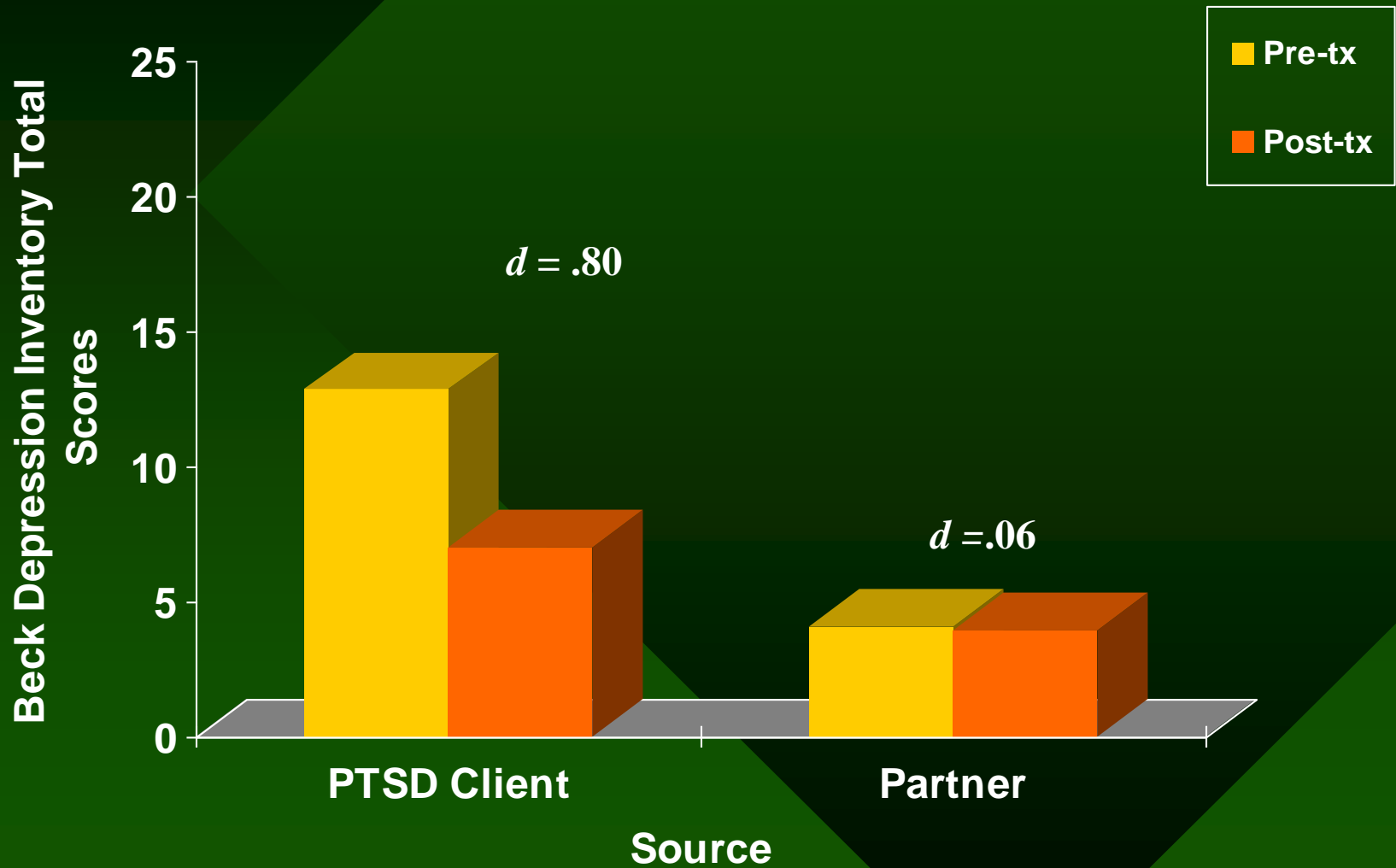
+ $p = .07$. * $p < .05$. ** $p < .01$.

Relationship Satisfaction



* $p < .05$. + $p = .07$

Comorbid Depression



Future Directions

Head-to-head trial

Dually traumatized/PTSD couples

Relationship satisfaction as moderator

Conjoint versus couple

Modular delivery of the therapy

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