

Table 1) Cognitive-Behavioral Teaching Protocol

Teaching Procedure based on the Cognitive-Behavioral Principles
First (Primary) and Second Sessions Referrals and Acceptance, Explaining the Principles and Rules of the Group, Pretest Implementation for Screening and Evaluation, Establishing a Therapeutic Relationship and Trust, to Familiarize the Group with PTSD, Secondary Trauma, Teaching Plan Procedure and Cognitive Model, to Show the Person's Problems as Natural and Hope Motivating (Starting the Procedure of Cognitive Reconstructing).
3rd to 6th Sessions Teaching to Recognize Negative Thoughts and also following up the Person's Familiarity with Cognition Therapy, Relaxation Therapy through Secure Environment Illustration Method and Deep Abdominal Breathing, Evaluation and Challenging with Dysfunctional Thoughts and Presenting Balanced Alternative Interpretations.
7th Session Attempt to Recognize and Cope with the Problems and to Solve Them in an Adaptive Manner through Teaching the Technics of Behavioral Test and Problem-solving.
8th to 11th Sessions Introducing Mediator and Fundamental Beliefs, Recognizing and Reexamining Their Working Ways, Challenging with Them and Presenting Technics Helping to Form More Positive and New Fundamental Beliefs, Leading the Group to the End of the Course.
12th Session Teaching "Assertiveness" and "Attention Diverting" Technics and Response to Concerns about Treatment Termination.
13th (Final) Session Helping the Patient to Implement the Learned Technics in the Group in Real Life and Holding Self-help Sessions, Post-test.

Table 2) Mean Scores of the Results of the Secondary Trauma Symptoms Evaluation Test and Its Three Components in Control and Experiment Groups (n=11persons)

Variables	Control Group	Experimental Group
Interference Component		
Pre-test	18.36±4.27	16.70±3.30
Post-test	18.27±4.22	11.90±2.80
Avoidance Component		
Pre-test	21.45±7.68	22.00±6.76
Post-test	21.00±7.49	15.40±4.00
Arousal Component		
Pre-test	18.54±4.59	16.80±4.49
Post-test	19.27±5.83	11.50±1.84
Secondary Trauma (Total Score)		
Pre-test	58.81±16.34	55.70±13.14
Post-test	58.81±15.40	38.80±7.05