

Course Description

PSYM17-CH-114:20 PTSD and Trauma Therapy

Aim of the course

Aim of the course: The main aim of the course is to provide an overview of the characteristics and psychological assessment of post-traumatic stress disorder (PTSD). The second part of the course is focused on introducing the most recognised evidence based psychotherapy approaches to treating PTSD and psychological trauma. Trauma Focused CBT (Tf-CBT) and Eye Movement Desensitisation and Reprocessing (EMDR) therapy will be covered in detail, as well as some more experimental treatments.

Learning outcome, competences

knowledge:

Diagnostic criteria of PTSD as described in DSM-5 and ICD 11, unique challenges in diagnosing PTSD and the concept of Complex PTSD. Advantages and disadvantages of formulation vs diagnosis in PTSD. Trauma focused CBT and the Ehlers and Clark model. The history and development of EMDR. Evidence base of EMDR. Experimental treatments in PTSD.

attitude:

Organised and regular attender. Compassion and tolerance towards trauma survivors.

skills: Basic skills in PTSD formulation (Tf-CBT and EMDR), basic skills in recognising complex trauma presentations as well as basic steps/interventions in therapy

Content of the course

Topics of the course:

Diagnostics of PTSD, Formulation in PTSD. Trauma focused CBT – Ehlers and Clark model. Basics of EMDR, the adaptive information processing model. Key studies supporting the evidence base of EMDR. Unique challenges of delivering trauma focused therapy in developing countries.

Learning activities, learning methods:

Presentations, review and discussion on recorded therapy sessions. Review of Tf –CBT case study. Review of EMDR case study. There is a possibility of discussing personal experiences of mild trauma or traumatic memories.

Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation

requirements:

- Active presence and attendance. Maximum two missed blocks could be accepted.
- Demonstrate a thorough understanding of diagnostic criteria of PTSD as covered in DSM-5 (Clinical vignette task)
- Evidence of good understanding of the Ehlers and Clark model of PTSD and key interventions in trauma focused CBT (mini exam on Tf-CBT)
- Demonstrate thorough understanding of basic concepts in EMDR as well as the adaptive information processing model and the eight phased protocol (mini exam on EMDR)

mode of evaluation: *1-5 grades*

- 10 % attendance and active participation
- 20% Clinical vignette task (diagnostics)
- 35 % Mini exam on Tf- CBT
- 35% Mini exam on EMDR Therapy

criteria of evaluation:

1-60% Fail -1
61-70 Pass-2
71-80 - 3
81-90- 4
91+ -5

Reading list

Compulsory reading list:

Diagnostic and statistical manual of mental disorders (3rd ed.)(1980). American Psychiatric Association. Washington, DC: APA Press.

Diagnostic and statistical manual of mental disorders (5th ed.) (2013) American Psychiatric Association. Washington, DC.

International statistical classification of diseases and related health problems (11th Revision) (2018) World Health Organization.

Ehlers, A., Clark, DM., Hackmann, A., McManus, F., Fennell, M. (2005) Cognitive therapy for PTSD: Development and evaluation. *Behaviour Research and Therapy*, 43(4),413–31

Shapiro, F. (2001). *Eye movement desensitization and reprocessing: Basic principles, protocols, and procedures (2nd ed.)*. New York, NY, US: Guilford Press.

Recommended reading list:

Shevlin, M., Hyland, P., Karatzias, T., Fyvie, C., Roberts, N., Bisson, J. I., Cloitre, M. (2017). Alternative models of disorders of traumatic stress based on the new ICD-11 proposals. *Acta Psychiatrica Scandinavica*, 135(5), 419–428.

Schnyder, U., Ehlers, A., Elbert, T., Foa, E.B., Gersons, B. P. R., Resick, P. A. , Shapiro, F., Cloitre, M. (2015) Psychotherapies for PTSD: what do they have in common? *European Journal of Psychotraumatology*, 6:1, DOI: [10.3402/ejpt.v6.28186](https://doi.org/10.3402/ejpt.v6.28186)