

ICCBI 2018 Pre-Conference Workshop 12

CBT for PTSD

On 26/09/2018 from 9:00 am to 4:00 pm

Fee: Rs. 4000/-

Workshop Aims: This workshop is aimed at both beginning and intermediate clinicians with mental health experience to diagnose, assess and develop a CBT model with their clients/patients. The aims will be able to select and guide clients to apply reliving, graded real life exposure and cognitive strategies. Participants will be able to gain initial experience in applying these techniques and will be encouraged to practice these methods with current clients.

The Nature of PTSD: Post Traumatic Stress Disorder (PTSD) is a common and pervasive problem following exposure to a trauma that can have a devastating impact on people's lives. Current Cognitive Behaviour Therapy models for PTSD suggests that people with PTSD perceive a serious current threat that has two sources, excessively negative appraisals (personal meanings) of the trauma and / or its sequelae and characteristics of trauma memories that lead to re-experiencing symptoms. The problem is maintained by cognitive strategies such as hypervigilance, thought suppression, rumination, avoidance and safety-seeking behaviours that are intended to reduce the sense of current threat, but maintain the problem by preventing changes in the appraisals and the trauma memory which can not only maintain but also even increase some symptoms.

Workshop Focus: This workshop will focus on the diagnosis, nature and psychological formulation and treatment of PTSD. The workshop will cover the identification of personal meanings and how they are changed. Then reliving will be outlined and how hotspots are identified and worked with collaboratively. How trauma and personal meanings can be updated during the reliving process will also be covered. Then how the client can take back control over their life through graded exposure, behavioural experiments

and the dropping of safety seeking behaviours. Finally how relapse can be prevented will be covered.

Workshop Content and Learning Approach: The workshop will include live demonstrations and workshop participants will be able to practice how to apply psychological models to PTSD symptoms and beliefs. Treatments for PTSD will be used that are evidence based. This will include: identifying important characteristics of trauma memories and their triggers; identify key processes that maintain PTSD; how to develop an idiosyncratic version of the treatment model; identify ways of changing problematic meanings in PTSD; identify ways of integrating changed meanings into trauma memories and finally how the client can take back control over their life. Case materials and video illustrating patients' symptoms and treatment will be included, and participants will also be invited to discuss and role play issues from their cases in order to gain practical experience and feedback on applying CBT strategies.

Workshop Resource Person:



Dr. Michael Townend is a Reader and Consultant in Cognitive Behavioural Psychotherapy at the University of Derby UK. He has over 25 years' experience of working with OCD and other Behavioural Problems with Adult Clients. Michael has co-authored 3 books on CBT, continues to teach CBT for Post Graduate Programmes and has published over 30 papers on CBT and related mental health issues.

Workshop Pre Reading

- Corrie, S., Townend, M. and Cockx, A. 2nd Edition (2016) Assessment and Formulation in Cognitive Behavioural Psychotherapy. Sage. London.
- Ehlers, A., & Clark, D.M. (2000). A cognitive model of posttraumatic stress disorder. Behaviour Research and Therapy, 38, 319-345.

- Grey, N. (editor) (2009). *A Casebook of Cognitive Therapy for Traumatic Stress Reactions*. Brunner-Routledge.
- Kingdon, D., Maguire, N., Stalmeisters, D. and Townend, M. (2017). *CBT Values and Ethics*. Sage. London.
- Rauch, S. & Foa, E.B., 2006. Emotional processing theory (EPT) and exposure therapy for PTSD. *Journal of Contemporary Psychotherapy*, 36(2), pp.61–65.