Психосоматична медична та загальна практика
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Освіта

Травмофокусована когнітивно-поведінкова терапія для посттравматичного стресового розладу

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Introduction. PTSD diagnosis

Introduction. Diagnostic criteria and PTSD prevalence. Traumatic events types and risk of PTSD. Association between traumatic events number, intensity and PTSD risk development. Differences between ICD-10, DSM-IV and DSM-5 diagnostic criteria. Clinical case example. PTSD spontaneously vs. therapy remission rates. Types of psychological interventions depending on the time elapse since the traumatic events. Is there a need in Debriefing (video 1)?

Video 1.

Low intensity psychological interventions. Start of therapy


Video 2.

Behavioral interventions

Prolonged Exposure Therapy for PTSD (Edna B. Foa). Narrative Exposure Therapy (Schauer M., Neuner F. & Elbert T.). Exposure therapy technics examples: imaginal exposure, facilitate fear exposure, etc. Clinical case example, practice (video 3).
Video 3.

**Cognitive interventions**


Video 4.