

Beyond reliving in PTSD treatment: Advanced skills for overcoming common obstacles in memory work

**Abstract:**

Good evidence exists for PTSD treatments in which memory-focused techniques such as imaginal reliving and prolonged exposure play a significant role. However, the evidence base is sparse for complex presentations of PTSD, for example where trauma has been experienced in early life, or is prolonged and severe. There are gaps in our understanding of how to adapt existing protocols to apply these treatments effectively with complex cases in routine clinical settings. Revisiting the principles and theories underlying treatment can help us generate novel, and adapt existing, techniques to overcome these difficulties.

This workshop will bring together cognitive models of PTSD and memory, core CBT principles, and advanced therapeutic techniques to solve commonly encountered obstacles in PTSD treatment, such as overwhelming affect, difficulties connecting with feelings and memories, head-heart lag and problems identifying target memories in multiple trauma presentations.

Case material will be used to present clinical examples of commonly encountered problems in PTSD treatment and theoretical frameworks explained to conceptualise these problems and to generate solutions using a broad range of memory and experiential techniques. Participants will have the opportunity to practice and reflect on using these techniques in their own work.

The workshop will equip therapists working with PTSD and other trauma-related difficulties with principles, conceptual frameworks and practical skills to overcome commonly-encountered obstacles.