

## The development and facilitation of an Emotion and Memory group programme for the treatment of Complex PTSD

This workshop will provide an overview of the current guidelines and recommendations for the treatment of Complex PTSD as a background to the development of the group programme. It will cover an overview of the group sessions, with examples from the manual and flipchart photographs and will include group exercises for attendees to illustrate the effectiveness of particular interventions. This workshop will provide opportunities for questions, discussion and enable attendees to develop and facilitate group programmes for complex PTSD in their own services.