

An Introduction to Narrative Exposure Therapy (NET)

Narrative Exposure Therapy is a short term treatment for Posttraumatic Stress Disorder resulting from the experience of multiple trauma. Originally developed in the field and trialled in low income settings, it also has proven effectiveness for the treatment of PTSD in refugees and asylum seekers in high income countries. This workshop will introduce the scientific model underlying this therapy, as well as demonstrating the key techniques involved. Participants will also have the opportunity to practice some of these techniques. The adapted version for children (KIDNET) will also be briefly described.