

Cognitive Behaviour Therapy @ London South Bank University

Cognitive Therapy for Posttraumatic Stress Disorder
Thursday 17 September 2015

Workshop Overview

Posttraumatic Stress Disorder (PTSD) is an extreme stress reaction that develops after people experience trauma such as physical or sexual assault, bombings and natural disasters. Typical symptoms include unwanted memories and flashbacks, avoidance, and extreme hyperarousal.

The disorder can lead to social withdrawal, depression, alcohol and substance abuse as well as relationship and job loss, underscoring the need for effective diagnosis and treatment.

This teaching session will cover assessment, formulation and treatment of Posttraumatic Stress Disorder. Particular emphasis will be given to cognitive therapy for PTSD, recommended by the NICE guidelines. Current experimental research linked to clinical interventions will also be presented.

Pre-workshop Reading

For an overview of the treatment, please see:

Wild, J. & Ehlers, A. (2013). Overcoming PTSD. In R. Shafran (Editor). The Complete CBT guide for anxiety. Robinson Press.

Wild, J. & Ehlers, A. (2010) Self-study assisted cognitive therapy for PTSD: A case study. European Journal of Psychotraumatology, 1, 5599 - DOI: 10.3402/ejpt.v1i0.5599

Workshop Learning Objectives

Participants will learn:

1. How to diagnose PTSD and the use of key clinical measures
2. Why PTSD develops and what maintains the disorder
3. Clinical research that supports theories of PTSD
4. How to formulate the disorder from a cognitive perspective
5. Key components of effective treatment, including how to identify and modify hot spots, how to address rumination, and how to work with traumatic loss
6. Areas in need of further research

Workshop leader

Dr Jennifer Wild

Dr Jennifer Wild is a Consultant Clinical Psychologist and Associate Professor of Clinical Psychology at the University of Oxford. Her research focuses on predictors of posttraumatic stress disorder (PTSD) and depression in people who are regularly exposed to trauma, such as emergency workers. She has a special interest in developing brief interventions to modify predictors of risk for emergency workers and other at-risk groups, such as journalists working in conflict zones. She has recently completed the first large-scale prospective study of predictors of PTSD in newly recruited ambulance workers, a study funded by the Wellcome Trust. She has received further funding to evaluate a resilience intervention for emergency workers. Jennifer regularly appears in the media giving expert advice on trauma-related problems. Most recently, she spoke on BBC Breakfast News about the documentary she made with the BBC on overcoming height anxiety linked to trauma.

Relevant Publications

Pile, V., Barnhofer, T., & Wild, J. (2015). Updating versus Exposure to Prevent Consolidation of Conditioned Fear. *PLoS ONE*.

Shepherd, L. & Wild, J. (2014). Emotion regulation, physiological arousal and PTSD symptoms in trauma-exposed individuals. *Journal of Behavior Therapy and Experimental Psychiatry*, 45, 360-7.

Ehlers, A., Hackmann, A., Grey, N., Wild, J. et al. (2014). A randomized controlled trial of 7-day intensive and standard weekly cognitive therapy for PTSD and emotion-focused supportive therapy. *American Journal of Psychiatry*, 171, 294-304.

Shepherd, L. & Wild, J. (2013). Cognitive appraisals objectivity, and coping in ambulance workers: a pilot study. *Emergency Medicine Journal*, 31, 41-4.

Wild, J. & Ehlers, A. (2010) Self-study assisted cognitive therapy for PTSD: A case study. *European Journal of Psychotraumatology*, 1, 5599 - DOI: 10.3402/ejpt.v1i0.5599

Wild, J. & Gur, R. (2008). Verbal memory and treatment response in post-traumatic stress disorder. *British Journal of Psychiatry*, 193, 254-5.