Professor Anke Ehlers
University of Oxford

20th May 2020
Venue: University of Reading

Cognitive Therapy for PTSD

Cognitive Therapy for PTSD (CT-PTSD) has been shown to be highly effective and acceptable to patients. NICE guidelines (2018) recommend CT-PTSD as first line treatment for PTSD.

Content:
This workshop builds on Ehlers and Clark’s (2000) cognitive model of PTSD. This model suggests that people with PTSD perceive a serious current threat that has two sources; excessively negative appraisals (personal meanings) of the trauma and/or its sequelae; characteristics of trauma memories that lead to re-experiencing the symptoms. The problem is maintained by cognitive strategies (such as thought suppression, rumination, safety-seeking behaviours) that are intended to reduce the sense of current threat, but actually maintain the problem by preventing change in the appraisals and trauma memory.

Training modalities:
This workshop will give case examples to illustrate the different aspects of the model. Techniques used in the treatment are described and illustrated with clinical material and videotapes. Participants are encouraged to ask questions about their own cases.

For further information contact the Charlie Waller Institute:
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Cost of 1-day workshop:
£130 including lunch

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading