Dealing with Flashbacks

In general there are five areas which have been identified by therapists and PTSD survivors as being required to bring about change in the flashback experience.

1. A need to accept the experience of flashback as being part of the individual’s life experience, and to integrate it as part of their own ongoing personal development.

2. A need to ensure a rational perspective on the meaning of the flashback.

3. A need to reduce the time spent in rumination both between and following flashback.

4. A need to reduce the effect of flashbacks and the degree of distress caused by them.

5. A need to re-experience memories within a controlled mind frame, and using memories which are chosen by the individual him/herself. There is a feeling that he/she wishes to experience the memories without the continuing upset.