Evidence based treatments for Post-trauma stress

Type 1 Trauma: Cognitive Behavioural Therapy—short term.

- If fear is the central problem:
  
  either: Cognitive Therapy and exposure therapy  
  or: Cognitive therapy and EMDR  
  (Edna Foa. *Paper presented to ECOTS, Berlin, May 03*)

- If guilt / shame is the central problem:
  
  (more common with type two trauma)
  Cognitive therapy, exposure therapy and 
  cognitive restructuring / Imagery re-scripting 
  and reprocessing therapy.  
  (Mervin Smucker (USA) and Anne Boos 
  (Dresden) *Paper presented to ECOTS, Berlin, May 2003*)

Type 2 Trauma:  
Leading to schematically altered view of self, the world and others, and 
associated feelings of guilt and shame.

Integrative Therapy—long term

Including:  
Cognitive Therapy  
Exposure therapy  
Psycho-dynamic therapy  
(John Schlapobersky, Medical Foundation for Victims of Torture.  
*Paper presented to BACP Regional conference, July 02*)  
Psycho-motor Therapy, Boris Drozdec, Den Bosch, Netherlands  
*Paper presented to ECOTS, Berlin, May 2003*)  
EMDR  
Art / Music therapy  
Attachment therapy  
Bodywork