

ASSIST TRAUMA
CARE

ASSIST TRAINING

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 (*Jphn 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