



ASSIST TRAUMA
CARE



ASSIST TRAINING

TREATING POSTTRAUMATIC STRESS DISORDER

COGNITIVE RESTRUCTURING

Extensive evidence shows that trauma can eventuate in detrimental changes in cognitions. This is captured well in -Bulman's concept of shattered assumptions (1992)

Studies have suggested that preheld negative cognitions distinguish sharply between those who develop PTSD following a traumatic incident and those who do not. In particular preheld negative views of self or relate highly with post-traumatic stress symptoms, whereas negative views of others are less significant.

Foa and colleagues (1999) discerned three core domains of -traumatic cognitions:

- Negative cognitions about self
- Negative cognitions about the
- Self-blame for the trauma

Cognitive intervention involves educating the client about trauma and about role of maladaptive cognitions PTSD.

Having elicited the memories the treatment involves directly exploring and confronting the associated maladaptive

