

Professor Anke Ehlers

University of Oxford

Wednesday, 22nd February 2023

Online



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Evidence-Based Psychological Treatment

Cognitive Therapy for PTSD

Introduction:

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 maintain the problem by preventing change in the appraisals and trauma memory.

Learning objectives:

Participants will learn to

- Develop an idiosyncratic version of the treatment model with their patients
- Understand the core procedures of CT-PTSD
- Identify ways of changing problematic meanings and responses to memory triggers in PTSD.
- Identify ways of integrating changed meanings into trauma memories.
- Deal with dissociation

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.

Key references:

1. Ehlers, A., & Clark, D.M. (2000). A cognitive model of posttraumatic stress disorder. *Behaviour Research and Therapy*, 38, 319-345.
2. Ehlers, A. & Wild, J. (2015). Cognitive Therapy for PTSD: Updating memories and meanings of trauma. In U. Schnyder and M. Cloitre (Eds.), *Evidence based treatments for trauma-related psychological disorders* (pp. 161-187). Cham, Switzerland: Springer. Available at <https://oxcadatresources.com/ptsd-papers/>
3. Murray, H., & Ehlers, A. (2021). Cognitive therapy for moral injury in post-traumatic stress disorder. *The Cognitive Behaviour Therapist*, 14, E8. doi:10.1017/S1754470X21000040



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4. Murray, H., Wild, J., Warnock-Parkes, E., Kerr, A., Thew, G., Grey, N., Clark, D.M. & Ehlers, A. (2020). Cognitive therapy for PTSD following critical illness and intensive care unit admission. *The Cognitive Behaviour Therapist*, 13, E13. <https://doi.org/10.1017/S1754470X2000015X>
5. Wild, J., Warnock-Parkes, E., Murray, H., Kerr, A., Thew, G., Grey, N., Clark, D.M. & Ehlers, A. (2020). Treating posttraumatic Stress Disorder Remotely with Cognitive Therapy for PTSD. *European Journal of Psychotraumatology*, 11:1, 1785818 [doi: 10.1080/20008198.2020.1785818](https://doi.org/10.1080/20008198.2020.1785818)

About the presenter:

Anke Ehlers co-directs the Oxford Centre for Anxiety Disorders and Trauma and is a Wellcome Trust Principal Research Fellow and Professor of Experimental Psychopathology at the University of Oxford. She has received several awards for her work on posttraumatic stress disorder, including the Award for Distinguished Scientific Contributions to Clinical Psychology, American Psychological Association and the Wilhelm Wundt- William James Award, awarded jointly by the European Federation of Psychology Associations and the American Psychological Foundation.

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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are delivered online

