

EFFICACY OF SINGLE-SESSION ABREACTIVE EGO STATE THERAPY FOR COMBAT STRESS INJURY, PTSD, AND ASD¹

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Abstract: Using abreactive Ego State Therapy (EST), 36 patients meeting *DSM-IV-TR* and PTSD checklist (PCL) criteria were exposed to either 5–6 hours of manualized treatment or placebo in a single session. EST emphasizes repeated hypnotically activated abreactive “reliving” of the trauma experience combined with therapists’ ego strength. Both the placebo and EST treatment groups showed significant reductions in PTSD checklist scores immediately posttreatment (placebo: mean 17.34 points; EST: mean 53.11 points) but only the EST patients maintained significant treatment effect at 4-week and 16- to 18-week follow-ups. Abreactive EST appears to be an effective and durable treatment for PTSD inclusive of combat stress injury and acute stress disorder.

Ego State Therapy (EST) evolved from a psychodynamic understanding of personality as a product of an individual’s ego states to a conceptualization of how ego-energized and object-energized elements are bound together to cope with a traumatic event. Because of their severity, trauma memories are encoded in the subcortical-subconscious brain regions that are accessed by the single-session, manualized EST procedure but not by cognitive-behavioral management therapies. Neurobiological studies now substantiate Watkins’s war neuroses conceptualizations. The imprint of the trauma is neither accessible nor

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⁴John G. Watkins, founder of Ego State Therapy, passed away on January 12, 2012. He is greatly missed by his coauthors.

Combat Ptsd Group Therapy Program Manual

**Janice L. DeLucia-Waack, Cynthia R.
Kalodner, Maria Riva**



Combat Ptsd Group Therapy Program Manual:

Handbook of Group Counseling and Psychotherapy Janice L. DeLucia-Waack, Cynthia R. Kalodner, Maria Riva, 2013-12-02
The most comprehensive and thoroughly researched text available on this topic Handbook of Group Counseling and Psychotherapy Second Edition underscores the notion that group work is improved through increased collaboration between researchers and practitioners Edited by renowned leaders in the field this thoroughly updated and revised Second Edition explores current literature and research and offers suggestions for practice in psycho educational counseling and therapy groups The Handbook is divided into five main sections current and historical perspectives best practices multicultural and diverse groups groups in special settings and an introduction to special topics **The Oxford Handbook of Group Counseling** Robert K. Conyne, 2011-08-22 Group counseling is a dynamic and valuable treatment device used by therapists throughout the psychological disciplines one that has proven effective in promoting change and growth in a variety of populations and settings The Oxford Handbook of Group Counseling takes an innovative approach to this expansive topic providing both a comprehensive field manual for practitioners and an authoritative reference work for teachers and researchers Comprising 31 topic based chapters by leading practitioners and researchers this handbook covers the full spectrum of current and relevant topics in group counseling including definitions and background history and efficacy key change processes e g therapeutic factors group cohesion group climate group leader strategies and characteristics new applications for group counseling strategies including online groups group counseling with special populations the future of group counseling With roots in the most recent and relevant literature The Oxford Handbook of Group Counseling is an ideal text for training programs counselor education clinical psychology social work or human services or as a reference for researchers in counseling psychology Whoever the reader it a valuable and comprehensive guidebook for both students and practitioners in the growing practice of group counseling *Sleep and Combat-Related Post Traumatic Stress Disorder* Eric Vermetten, Anne Germain, Thomas C. Neylan, 2017-11-29 There are few clinical problems in the sleep medicine field that are more challenging than the sleep difficulties experienced by individuals suffering from post traumatic stress disorder PTSD This book offers a unique complete resource addressing all the basic concepts and clinical applications in sleep medicine in settings where combat related PTSD is commonplace Authored by leading international experts in the field of sleep military medicine Sleep and Combat Related Post Traumatic Stress Disorder is organized in six sections and provides a broad perspective of the field from the established theories to the most recent developments in research including the latest neuroscientific perspectives surrounding sleep and PTSD The result is a full assessment of sleep in relation to combat related PTSD and a gold standard volume that is the first of its kind This comprehensive title will be of great interest to a wide range of clinicians from academics and clinicians working within or in partnership with the military health care system to veteran hospital physicians and all health personnel who work with war veterans Resilience and Mental Health Steven M.

Southwick, Brett T. Litz, Dennis Charney, Matthew J. Friedman, 2011-08-18 Humans are remarkably resilient in the face of crises traumas disabilities attachment losses and ongoing adversities To date most research in the field of traumatic stress has focused on neurobiological psychological and social factors associated with trauma related psychopathology and deficits in psychosocial functioning Far less is known about resilience to stress and healthy adaptation to stress and trauma This book brings together experts from a broad array of scientific fields whose research has focused on adaptive responses to stress Each of the five sections in the book examines the relevant concepts spanning from factors that contribute to and promote resilience to populations and societal systems in which resilience is employed to specific applications and contexts of resilience and interventions designed to better enhance resilience This will be suitable for clinicians and researchers who are interested in resilience across the lifespan and in response to a wide variety of stressors Military Psychologists' Desk Reference Bret A. Moore, Jeffrey E. Barnett, 2014-04-01 The psychological well being of servicemen and women returning from war is one of the most discussed and contemplated mental health issues today Media programs debate the epidemic of PTSD in returning veterans and the potential fallout of a less than adequate veteran mental health system This public discussion is only a small glimpse into the field of military psychology One of the most diverse specialties within psychology it is a sector positioned and equipped to influence such concepts as psychological resilience consequences of extended family stress the role of technology in mental healthcare delivery and how to increase human performance under harsh conditions Military Psychologists Desk Reference is the authoritative guide in the field of military mental health covering in a clear and concise manner the depth and breadth of this expanding area at a pivotal and relevant time Moore and Barnett former military psychologists bring together the field's top experts to provide concise and targeted reviews of the most salient aspects of military mental health and present the material in an easily digestible manner Chapters cover important topics such as military culture working with Special Operations Forces professional issues and ethical challenges women in combat posttraumatic stress anxiety and sleep disorders psychologists involvement in interrogations and how to build and sustain a resilient Force to name but a few Authors consist of a combination of current and former military psychologists psychiatrists social workers and Chaplains experts from the Department of Veterans Affairs prominent academicians and representatives from other governmental and civilian organizations This comprehensive resource is a must for every military psychologist as well as for non military clinicians researchers counselors social workers educators and trainees who increasingly need to be familiar with this specialized area of psychology **Correctional Mental Health Handbook** Thomas J Fagan, Robert K Ax, 2002-12-02 The Correctional Mental Health Handbook is the first book to offer a comprehensive overview of the services provided by correctional mental health professionals for the various populations found in correctional programs and facilities Edited by Thomas J Fagan and Robert K Ax experts with over 40 years of correctional mental health experience this unique handbook is divided into three sections The first section provides a flexible model for organizing mental health services based

on staffing levels facility mission and local need The second section considers typical offender problems in many correctional systems and how they are customarily managed The third section presents various clinical and consultative activities offered by mental health professionals within correctional settings While the main audience will be correctional mental health professionals and academics involved with training correctional mental health professionals the Correctional Mental Health Handbook is also an ideal primer for graduate students studying corrections in criminal justice programs For the student preparing to enter the correctional mental health profession this indispensable text explains the general characteristics and treatment needs of specific inmate populations including substance dependent offenders female offenders sexual predators and juvenile offenders

Treating PTSD in Military Personnel, Second Edition Bret A. Moore, Walter Penk, 2019-04-05 Now revised and expanded this state of the science guide is edited and written by leading authorities The volume covers the full range of effective treatments for posttraumatic stress disorder PTSD and helps clinicians gain competency for working with service members and veterans

Handbook of Psychosocial Interventions for Veterans and Service Members Nathan David Ainspan, Craig J. Bryan, Walter Penk, 2016 The Handbook of Psychosocial Interventions for Veterans and Service Members is a one stop handbook for non military clinicians working with service members veterans and their families

Military Quality of Life and Veterans Affairs, and Related Agencies appropriations bill, 2006 United States. Congress. House. Committee on Appropriations, 2005

International Handbook of Traumatic Stress Syndromes John P. Wilson, Beverley Raphael, 2013-06-29 Over 100 researchers from 16 countries contribute to the first comprehensive handbook on post traumatic stress disorder Eight major sections present information on assessment measurement and research protocols for trauma related to war veterans victims of torture children and the aged Clinicians and researchers will find it an indispensable reference touching on such disciplines and psychiatry psychology social work counseling sociology neurophysiology and political science

The Praeger Handbook of Veterans' Health Thomas W. Miller, 2012-09-20 This four volume set provides a history of veterans healthcare that examines programs of care and veterans special needs and offers insight into future directions for veterans healthcare in the 21st century This comprehensive contribution to understanding veterans healthcare uniquely draws on a national and international cadre of scientists and practitioners both within the Department of Veterans Affairs and specialists beyond the institution providing a matrix view of veterans healthcare past present and future both nationally and internationally This work will prove an essential reference set that examines and identifies veterans healthcare through the first decade of the 21st century invaluable to health and psychology researchers and students policymakers social workers and veterans The Praeger Handbook of Veterans Health History Challenges Issues and Developments is organized to cover four key elements Volume I presents a history of veterans healthcare the various veterans eras and the global healthcare provided to our veterans Volume II examines several of the programs of care and veterans special needs Volume III is devoted to the several aspects of mental health care treatment and rehabilitation

services offered to veterans through the healthcare system The last volume offers insights into future directions for veterans healthcare

The Oxford Handbook of Traumatic Stress Disorders J. Gayle Beck, Denise M. Sloan, 2022 In the second edition of this handbook experts on traumatic stress have contributed chapters on topics spanning classification epidemiology and special populations theory assessment prevention early intervention treatment and dissemination and treatment This expanded updated volume contains 39 chapters which provide research updates along with highlighting areas that need continued clarification through additional research The handbook provides a valuable resource for clinicians and investigators with interest in traumatic stress disorders

Post Traumatic Stress Disorder (PTSD) Awareness Ann Brown, 2017-07-26 How often have you heard the term PTSD or Post Traumatic Stress Disorder We know that it exists but do you really know what it means Many of us suffer from PTSD and yet have no idea what it is how to recognize it or its triggers and what's worse we have no idea what to do about it Many of us suffer from it and don't realize it until we are embroiled into fits of unexpected anger depression and even worse suicide or suicidal tendencies Not to mention domestic violence divorces and child abuse that are direct side effects of severe PTSD PTSD Shell Shock or any other war related description that has been attached to it has existed since war began and yet little has been done to educate those who suffer the effects or secondary effects of it for those most affected by it This book will educate you on the terms causes signs and symptoms triggers or possible outcome of untreated Post Traumatic Stress PTSD is not a death sentence nor should it be feared at one however knowledge is key to helping all of those who suffer the consequences of PTSD

Treatments for Psychological Problems and Syndromes Dean McKay, Jonathan S. Abramowitz, Eric A. Storch, 2017-05-08 An important new guide to flexible empirically supported practice in CBT There is a growing movement across health care to adopt empirically supported practice Treatments for Psychological Problems and Syndromes makes an important contribution by offering a comprehensive guide for adopting a more flexible approach to cognitive behavioural therapy Edited by three recognized experts in the field of CBT the text has three key aims firstly to identify components of models describing specific psychological conditions that are empirically supported poorly supported or unsupported secondly to propose theoretical rationales for sequencing of interventions and criteria for moving from one treatment procedure to the next and thirdly to identify mechanisms of psychological syndromes that may interfere with established protocols in order to promote more informed treatment and improve outcomes Written in clear and concise terms this is an authoritative guide that will be relevant and useful to a wide range of readers from beginning clinicians to experienced practitioners

Stress of War, Conflict and Disaster George Fink, 2010-11-25 Stress is a universal phenomenon that impacts adversely on most people Following on the heels of Stress Science Neuroendocrinology and Stress Consequences Mental Neuropsychological and Socioeconomic this third derivative volume will provide a readily accessible and affordable compendium that explains the phenomenon of stress as it relates physically and mentally to war conflict and disaster The first section will be dedicated to

study of the link between stress and various forms of conflict Specific instances of conflict will be discussed the Gulf wars Korea Hiroshima bombing the Holocaust 9 11 Northern Ireland terrorism in general torture The second section will explore the stress impact of more general physical disasters such as airline and vehicle accidents earthquakes floods and hurricanes The final section will focus on the clinical relationship between conflict stress and various mental diseases PTSD suicide disaster syndrome etc as well as the adverse impact of stress on human physical health in general Comprised of about 100 top articles selected from Elsevier s Encyclopedias of Stress the volume will provide a valuable desk reference that will put relevant articles readily at the fingertips of all scientists who consider stress Chapters offer impressive and unique scope with topics addressing the relationship between stress generated by war conflict and disaster and various physical mental disorders Richly illustrated with over 200 figures dozens in color Articles carefully selected by one of the world s most preeminent stress researchers and contributors represent the most outstanding scholarship in the field with each chapter providing fully vetted and reliable expert knowledge

The Oxford Handbook of Clinical Child and Adolescent Psychology Thomas H. Ollendick, Susan Williams White, Bradley A. White, 2019 International in scope and with contributions from the field s most eminent scientists and practitioners The Oxford Handbook of Clinical Child and Adolescent Psychology is a state of the science volume providing comprehensive coverage of the psychological problems and disorders of childhood

Clinician's Guide to Treating Stress After War Julia M. Whealin, Lorie T. DeCarvalho, Edward M. Vega, PhD, 2008-07-21 Clinician s Guide to Treating Stress After War Education and Coping Interventions for Veterans outlines clear strategies that mental health professionals can use to help war returnees become better able to negotiate common problems that diminish the quality of their day to day life A powerful and practical resource this guide assists professionals to increase each individual s sense of control over his or her life

Present-Centered Group Therapy for PTSD Melissa S. Wattenberg, Daniel Lee Gross, Barbara L. Niles, William S. Unger, M. Tracie Shea, 2021-06-17 Present Centered Group Therapy for PTSD integrates theory research and practical perspectives on the manifestations of trauma to provide an accessible evidence informed group treatment that validates survivors experiences while restoring present day focus An alternative to exposure based therapies present centered group therapy provides practitioners with a highly implementable modality through which survivors of trauma can begin to reclaim and invest in their ongoing lives Chapters describe the treatment s background utility relevant research implementation applications and implications Special attention is given to the intersection of group treatment and PTSD symptoms including the advantages and challenges of group treatment for traumatized populations and the importance of member driven processes and solutions in trauma recovery Compatible with a broad range of theoretical orientations this book offers clinicians supervisors mentors and students a way to expand their clinical repertoire for effectively and flexibly addressing the impact of psychological trauma

Clinical Handbook of Psychological Disorders, Fourth Edition David H. Barlow, 2007-11-15 With over 75 000 copies sold this clinical guide and

widely adopted text presents authoritative guidelines for treating frequently encountered adult disorders The Handbook is unique in its focus on evidence based practice and its attention to the most pressing question asked by students and practitioners How do I do it Leading clinical researchers provide essential background knowledge on each problem describe the conceptual and empirical bases of their respective approaches and illustrate the nuts and bolts of evidence based assessment and intervention *Handbook of PTSD* Matthew J. Friedman, Paula P. Schnurr, Terence M. Keane, 2021-06-04

Now in an extensively revised third edition with 65% new material this is the authoritative reference on posttraumatic stress disorder PTSD Contributors examine the breadth of current knowledge on the mechanisms by which stressful events can alter psychological processes brain function and individual behavior Risk and protective factors across development and in specific populations are explored Reviewing the state of the science of assessment and treatment the volume covers early intervention and evidence based individual couple family and group therapies Conceptual and diagnostic issues are addressed and key questions for the next generation of researchers are identified New to This Edition Thoroughly revised to reflect the accelerating pace of scientific and clinical progress includes a range of new authors Chapters on new topics treatment of PTSD with comorbid disorders and postmortem brain banking New chapters on previously covered topics including DSM 5 and ICD 11 diagnostic criteria the psychoneurobiology of resilience and challenges in implementing clinical best practices New or updated discussions of such timely issues as treatment of refugees telemental health and technology based interventions

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