

PTSD References Feb 2016

Some basic references

Agency for Healthcare Research and Quality (2013). Psychological and pharmacological treatments for adults with PTSD. Comparative effectiveness review 92. Download from www.effectivehealthcare.ahrq.gov/reports/final.cfm

- review from Dept of Health and Human Services, a US government department.

Cloitre, M. et al (2011). Treatment of complex PTSD: results of the ISTSS expert clinician survey of best practices. *Journal of Traumatic Stress, 24*, 615-627.

De Jongh, A. et al (2016). Critical analysis of the current treatment guidelines for complex PTSD in adults. *Depression and Anxiety*, DOI 10.1002/da.2246

Ehlers, A. & Clark, D.M. (2000). A cognitive model of post-traumatic stress disorder. *Behaviour Research & Therapy, 38*, 319-345

Ehlers, A., Clark, D.M., Hackmann, A., McManus, F., Fennell, M., & Grey, N. (forthcoming). *Cognitive Therapy for PTSD: a therapist's guide*. Oxford: Oxford University Press

Forbes, D. et al (2010). A guide to guidelines for the treatment of PTSD and related conditions. *Journal of Traumatic Stress, 23*, 537-52.

- helps makes sense of different PTSD treatment guidelines from around the world.

Grey, N. (2007a). Posttraumatic Stress Disorder: Assessment. In S. Lindsay & G. Powell (Eds.) *The Handbook of Clinical Adult Psychology, 3rd edition*. London: Routledge.

Grey, N. (2007b). Posttraumatic Stress Disorder: Treatment. In S. Lindsay & G. Powell (Eds.) *The Handbook of Clinical Adult Psychology, 3rd edition*. London: Routledge.

Grey, N. (Ed.) (2009). *A casebook of cognitive therapy for traumatic stress reactions*. Hove: Routledge.

Hackmann, A. (2011). Imagery rescripting in posttraumatic stress disorder. *Cognitive and Behavioural Practice, 18*, 424-432.

Schnyder, U., Ehlers, A., Elbert, T., Foa, E.B., Gersons, B., Resick, P., Shapiro, F., and Cloitre, M. (2015). Psychotherapies for PTSD: what do they have in common? *European Journal of Psychotraumatology, 6*, 28186. [Dx.doi.org/10.3402/ejpt.v6.28186](https://doi.org/10.3402/ejpt.v6.28186).

Zoellner, L.A. et al (2011). Teaching trauma-focused exposure therapy for PTSD: critical clinical lessons for novice exposure therapists. *Psychological Trauma: Theory, Research, Practice, and Policy, 3*, 300-308.

Internet resources

Centre for Outcomes Research and Effectiveness: www.ucl.ac.uk/CORE

This site hosts very helpful 'competences maps' for provision of CBT and supervision. It also details specific competences needed to treat PTSD and other disorders.

International Society for Traumatic Stress Studies: www.istss.org

The largest professional organisation focused on traumatic stress.

National Center for PTSD: www.ncptsd.org

This is a program of the U.S. Department of Veteran Affairs which maintains the free access Published International Literature on Traumatic Stress (PILOTS) database, which is the best place to start looking for Nick Grey – Centre for Anxiety Disorders and Trauma

trauma references. They have also produced a number of helpful free Apps such as *PTSD Coach* and more specific ones linked to particular treatments such as *CPT Coach* and *PE Coach*. There is also now a behavioural activation app called *Mood Coach*.

National Institute of Health and Clinical Excellence: www.nice.org.uk

The NICE guidelines for PTSD provide a summary of PTSD assessment and treatment, and guide service provision within the UK National Health Service.

UK Psychological Trauma Society: www.ukpts.co.uk

UK version of ISTSS. Includes listings of specialist UK trauma services.

Books for public

Herman, J.L. (1992). *Trauma and Recovery: From Domestic Abuse to Political Terror*. London: Pandora.
- good book from feminist perspective and experience of work with survivors of CSA. More conceptual than clinical practice.

Iverson, K. (2010). *Red One: A Bomb Disposal Expert on the Front Line*. London: Phoenix.
- epilogue describes a little of his PTSD treatment and the subsequent changes in his memory.

Janoff-Bulman, R. (1992). *Shattered Assumptions: A New Psychology of Trauma*. New York: The Free Press.
- old but very readable. Useful chapters on schema and information-processing.

Lee, D. (2012). *The compassionate mind approach to recovering from trauma using compassion focused therapy*. Robinson
- great self help book for people with high levels of shame and self-criticism

Marzillier, J. (2012). *To Hell and Back: Personal Experiences of Trauma and How We Recover and Move On*. London: Robinson.

Trudeau, G.B. (2006). *The War Within: One More Step at a Time*. Kansas: McMeel.
- excellent Doonesbury cartoon describing treatment of PTSD for a US Vet.

How-to books

* Ehlers, A., Clark, D.M., Hackmann, A., McManus, F., Fennell, M., & Grey, N. (forthcoming). *Cognitive Therapy for PTSD: a therapist's guide*. Oxford: Oxford University Press.
- due out 2017. The treatment manual based on the Ehlers & Clark model.

Foa, E.B., Hembree, E.A., & Rothbaum, B.O. (2007). *Prolonged exposure therapy for PTSD: emotional processing of traumatic experiences: therapist guide*. New York: Oxford University Press.

Folette, V. & Ruzek, J. (Eds.) (2006). *Cognitive behavioral therapies for trauma, second edition*. London: Guilford Press.

Folette, V., Ruzek, J. & Abueg, F. (eds) (1998). *Cognitive behavioral therapies for trauma*. London: Guilford Press.
- many useful chapters. More recent 2nd edition also helpful, with different chapters included.

Grey, N. (Ed.) (2009). *A casebook of cognitive therapy for traumatic stress reactions*. Hove: Routledge.

- v. practical book full of cases and transcripts.

Resick, P. & Schnicke, M. (1993). *Cognitive Processing Therapy for Rape Victims: A Treatment Manual*. London: Sage Publications.

- helpful for all PTSD

Schauer, M., Neuner, F. & Elbert, T. (2011). *Narrative Exposure Therapy: a short term treatment for traumatic stress disorders*. Hogrefe.

- 2nd edition of the NET treatment manual.

Zayfert, C. & Black Becker, C. (2007). *Cognitive-behavioural therapy for PTSD: a case formulation approach*. New York: Guilford Press.

- lots of nice therapy transcripts included.

Academic books

Allen, J.G. (2001). *Traumatic Relationships and Serious Mental Disorders*. Chichester: Wiley.

- very good book from attachment theory perspective focusing mostly on childhood abuse. Looks at range of responses to trauma, very helpful to understand complex cases and good sections on how to share information with patients. Not so hot on all treatment aspects.

Beck, J.G. & Sloan, D.M. (eds.) (2012). *The Oxford Handbook of Traumatic Stress Disorders*. Oxford: Oxford University Press.

- most recent synthesis of all work across traumatic stress field. Eminent authors.

Friedman, M.J. et al (eds) (2007). *Handbook of PTSD: Science and Practice*. New York: Guilford Press.

- thorough academic text

Cognitive models

Brewin, C.R. (2013). Episodic memory, perceptual memory, and their interaction: foundations for a theory of posttraumatic stress disorder. *Psychological Bulletin*, doi: 10.1037/a0033722.

- excellent theoretical synthesis of basic cognitive psychology and clinical theories on memory processes, storage and links with PTSD. Not a clinical paper itself.

Brewin, C.R., Gregory, J., Lipton, M. & Burgess, N. (2010). Intrusive images in psychological disorders: characteristics, neural mechanisms and treatment implications. *Psychological Review*, 117, 210-232.

- Updated dual representation theory, not just PTSD.

Brewin, C.R. & Holmes, E.A. (2003). Psychological theories of posttraumatic stress disorder. *Clinical Psychology Review*, 23, 339-376.

- paper summarising and comparing Foa & Rothbaum's motivational processing theory, Brewin's dual representation theory and Ehlers & Clark's cognitive theory.

*Ehlers, A. & Clark, D.M. (2000). A cognitive model of post-traumatic stress disorder. *Behaviour Research & Therapy*, 38, 319-345.

- the best overall specifically cognitive summary of PTSD and treatment.

Lee, D., Scragg, P. & Turner, S. (2001). The role of shame and guilt in traumatic events. A clinical model of shame-based and guilt-based PTSD. *British Journal of Medical Psychology*, 74, 451-466.

- helpful ideas for dealing with shame and guilt in PTSD with clinical examples.

Diagnosis, epidemiology and risk factors

Brewin, C.R., Andrews, B. & Valentine, J.D. (2000). Meta-analysis of risk factors for posttraumatic stress disorder in trauma-exposed adults. *Journal of Consulting and Clinical Psychology*, **68**, 748-766.

Ehring, T., Kleim, B., Clark, D.M., Foa, E.B. & Ehlers, A. (2007). Screening for posttraumatic stress disorder: what combination of symptoms predicts best? *Journal of Nervous and Mental Disease*, **195**, 1004-1012.

Ehring, T., Ehlers, A., & Glucksman, E. (2008). Do cognitive models help in predicting the severity of posttraumatic stress disorder, phobia, and depression after motor vehicle accidents? A prospective longitudinal study. *Journal of Consulting and Clinical Psychology*, **76**, 219-230.

Gilbertson, M., Shenton, M., Ciszewski, A., Kasai, K., Lasko, N., Orr, S., & Pitman, R. (2002). Smaller hippocampal volume predicts pathological vulnerability to psychological trauma. *Nature Neuroscience*, **5**, 1242-1247.

- veterans twin study shows that smaller hippocampal volume is a risk factor for PTSD rather than trauma 'shrinking' the brain.

Koenen, K., Moffitt, T., Poulton, R., Martin, J., & Caspi, A. (2007). Early childhood factors associated with the development of posttraumatic stress disorder: results from a longitudinal birth cohort. *Psychological Medicine*, **37**, 181-192.

- Low IQ at age 5, antisocial behaviour, and poverty before age 11 predict PTSD related to traumatic events that occurred between ages 26 and 32.

Kremen, W., Koenen, K., Boake, C. et al. (2007). Pretrauma cognitive ability and risk for posttraumatic stress disorder: a twin study. *Archives of General Psychiatry*, **64**, 361-368.

- pre-exposure cognitive ability is a risk or protective factor for PTSD. It accounts for 5% of variation in PTSD, but this is accounted for entirely by common genetic factors.

Wittchen, H-U., Gloster, A., Beesdo, K., Schonfeld, S., & Perkonig, A. (2009). Posttraumatic stress disorder: diagnostic and epidemiological perspectives. *CNS Spectrums*, **14**, 5-12.

Other background

Andrews, B., Brewin, C.R., Stewart, L., Philpott, R., & Hejdenberg, J. (2009). Comparison of immediate-onset and delayed-onset posttraumatic stress disorder in military veterans. *Journal of Abnormal Psychology*, **118**, 767-777.

Barrowclough, C., Gregg, L., & Tarrier, N. (2008). Expressed emotion and causal attributions in relatives of PTSD patients. *Behaviour Research and Therapy*, **46**, 207-218.

- hostility from family predicts poor outcome. Interventions to help relatives reappraise impact of PTSD may be helpful.

Brewin, C.R. (2007). Autobiographical memory for trauma: update on four controversies. *Memory*, **15**, 227-248.

Brewin, C.R. (2011). The nature and significance of memory disturbance in posttraumatic stress disorder. *Annual Review of Clinical Psychology*, **7**, 203-227.

Ehlers, A. (2013). Understanding and treating complicated grief: what can we learn from posttraumatic stress disorder? *Clinical Psychologist*, *13*, doi:10.1111/j.1468-2850.2006.00015.x.

Grey, N. & Holmes, E.A. (2008). "Hotspots" in trauma memories in the treatment of posttraumatic stress disorder: a replication. *Memory*, *16*, 788-796.

Heim, C. & Nemeroff, C.B. (2009). Neurobiology of posttraumatic stress disorder. *CNS Spectrums*, *14*, 13-24.

Jelinek, L., Stockbauer, C., Randjbar, S., Kellner, M., Ehring, T., & Moritz, S. (2010). Characteristics and organization of the worst moment of trauma memories in posttraumatic stress disorder. *Behaviour Research and Therapy*, *48*, 680-685.

- worst moments have more unfinished thoughts, more present tense and lower levels of cognitive processing than remaining narrative. Not identified from reliving.

Jobson, L. (2009). Drawing current posttraumatic stress disorder models into the cultural sphere: the development of the 'threat to the conceptual self' model. *Clinical Psychology Review*, doi: 10.1016/j.cpr.2009.03.002

Nijdam, M.J. et al (2013). Hotspots in trauma memories and their relationship to successful trauma-focused psychotherapy: a pilot study. *Journal of Traumatic Stress*, *26*, 38-44.

- repeatedly focusing on hotspots enhances efficacy.

Phelps, A.J., Forbes, D., & Creamer, M. (2008). Understanding posttraumatic nightmares: an empirical and conceptual review. *Clinical Psychology Review*, **28**, 339-356.

Tang, N., Salkovskis, P., & Hanna, M. (2007). Mental defeat in chronic pain: initial exploration of the concept. *Clinical Journal of Pain*, *23*, 222-232.

Basics of treating PTSD

Grey, N. (2007a). Posttraumatic Stress Disorder: Assessment. In S. Lindsay & G. Powell (Eds.) *The Handbook of Clinical Adult Psychology*, 3rd edition. London: Routledge.

Grey, N. (2007b). Posttraumatic Stress Disorder: Treatment. In S. Lindsay & G. Powell (Eds.) *The Handbook of Clinical Adult Psychology*, 3rd edition. London: Routledge.

- single chapter practical summary of Ehlers & Clark treatment

Grey, N. (2009). Imagery and psychological threat to the self in PTSD. In L. Stopa (Ed.) *Imagery and the threatened self*. Hove: Routledge.

Grey, N., Young, K., & Holmes, E. (2002). Cognitive restructuring within reliving: A treatment for peritraumatic emotional hotspots in PTSD. *Behavioural & Cognitive Psychotherapy*, **30**, 63-82.

- very practical paper explicitly combining cognitive therapy and reliving techniques.

Hackmann, A. (2011). Imagery rescripting in posttraumatic stress disorder. *Cognitive and Behavioural Practice*, *18*, 424-432.

Jaycox, L. & Foa, E. (1996). Obstacles in implementing exposure therapy for PTSD: case discussions and practical solutions. *Clinical Psychology and Psychotherapy*, **3**, 176-184.

Zoellner, L.A. et al (2011). Teaching trauma-focused exposure therapy for PTSD: critical clinical lessons for novice exposure therapists. *Psychological Trauma: Theory, Research, Practice, and Policy*, *3*, 300-308.

Treatment trials (selected)

Adler, A. B., Bliese, P., McGurk, D., Hoge, C.W., & Castro, C.A. (2009). Battlemind debriefing and battlemind training as early interventions with soldiers returning from Iraq: randomization by platoon. *Journal of Consulting and Clinical Psychology, 77*, 928-940.

Arnzt, A., Tiesma, M., Kindt, M. (2007). Treatment of PTSD: a comparison of imaginal exposure with and without imagery rescripting. *Journal of Behavior Therapy and Experimental Psychiatry, 38*, 345-370.
- some evidence that addition of rescripting to imaginal exposure leads to better effects on non-fear problems like anger and guilt.

Bryant, R.A., Moulds, M.L., Guthrie, R.M. et al (2003). Imaginal exposure alone and imaginal exposure with cognitive restructuring in treatment of posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology, 71*, 706-712.

Cloitre, M., et al (2010) Treatment for PTSD related to childhood abuse: a randomized controlled trial. *American Journal of Psychiatry, 167*, 915-924.

- landmark trial showing that for a PTSD population with chronic and early-life trauma, a phase-based skills-to-exposure treatment was associated with greater benefits and fewer adverse effects than treatments that excluded either skills training or exposure.

Duffy, M., Gillespie, K., & Clark, D.M. (2007). Posttraumatic Stress Disorder in the context of terrorism and other civil conflict in Northern Ireland: randomised controlled trial. *British Medical Journal, 334* (7604) 1147.

- Ehlers' CT helpful for very chronic PTSD following multiple events in context of ongoing civil conflict.

Ehlers, A., Clark, D.M., Hackmann, A., et al. (2003). A randomized controlled trial of cognitive therapy, a self-help booklet, and repeated assessments as early interventions for PTSD. *Archives of General Psychiatry, 60*, 1024-1032.

- Ehlers' CT for PTSD helpful as intervention within 3 months. Self-help booklet alone no specific benefit.

Ehlers, A., Clark, D.M., Hackmann, A., McManus, F., & Fennell, M. (2005). Cognitive therapy for posttraumatic stress disorder: development and evaluation. *Behaviour Research and Therapy, 43*, 413-431.

- paper both describes clinical techniques and reports successful RCT for RTA survivors.

Ehlers, A. et al (2014). A randomized controlled trial of 7-day intensive and standard weekly cognitive therapy for PTSD and emotion-focused supportive therapy. *American Journal of Psychiatry, 171*, 294-304.

Gillespie, K., Duffy, M., Hackmann, A., & Clark, D.M. (2002). Community based cognitive therapy in the treatment of post-traumatic stress disorder following the Omagh bomb. *Behaviour Research & Therapy, 40*, 345-357.

- Ehlers & Clark CT approach works in community non-selective service as well as in research setting.

Grunert, B.K., Weis, J.M., Smucker, M.R., & Christianson, H.F. (2007). Imagery rescripting and reprocessing therapy after prolonged exposure for posttraumatic stress disorder following industrial injury. *Journal of Behavior Therapy and Experimental Psychiatry, 38*, 317-328.

- imagery rescripting can be of particular benefit after failed prolonged exposure if predominate emotions are non-fear.

Marks, I., Lovell, K., Noshirvani, H., Livanou, M., & Thrasher, S. (1998). Treatment of posttraumatic stress disorder by exposure and/or cognitive restructuring – a controlled study. *Archives of General Psychiatry*, **55**, 317-325.

- exposure and CT equal in efficacy independently or combined.

Mayou, R.A., Ehlers, A. & Hobbs, M. (2000). Psychological debriefing for road traffic accident victims: three-year follow-up of a randomised controlled trial. *British Journal of Psychiatry*, **176**, 589-593.

- individual “psychological debriefing is ineffective and has adverse long-term effects. It is not an appropriate treatment for trauma victims”.

Monson, C., Schnurr, P., Resick, P., Friedman, M., Young-Xu, Y., & Stevens, S. (2006). Cognitive processing therapy for veterans with military-related posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*, **74**, 898-907.

- in a hard to treat population CPT resulted in 40% of veterans losing their PTSD diagnosis (intent-to-treat).

Smith, P., Yule, W., Perrin, S., Tranah, T., Dalgleish, T., & Clark, D.M. (2007). Cognitive-behavioural therapy for PTSD in children and adolescents: a preliminary randomized controlled trial. *Journal of American Academy of Child and Adolescent Psychiatry*, **46**, 1051-1061.

- Ehlers’ CT for PTSD is an effective treatment for children and adolescents in a small trial. Also, early symptom monitoring leads to improvements in some.

Tarrier, N., Pilgrim, H., Sommerfield, C., Faragher, B., Reynolds, M., Graham, E., & Barrowclough, C. (1999). A randomized controlled trial of cognitive therapy and exposure in the treatment of chronic posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*, **67**, 13-18.

- CT and E are equally effective. However neither this trial nor the Marks trial used cognitive restructuring within the exposure / reliving.

Resick, P.A., O’Brian Ulmansiek, M., Clum, G.A., Galovski, T.E., Scher, C.D., & Young-Xu, Y. (2008). A randomized clinical trial to dismantle components of cognitive processing therapy for posttraumatic stress disorder in female victims of interpersonal violence. *Journal of Consulting and Clinical Psychology*, **76**, 243-258.

- compared cognitive therapy (CT) only and written accounts (WA) only. Both components successfully treated PTSD. The few differences that emerged were in favour of CT>WA.

Treatment reviews

Agency for Healthcare Research and Quality (2013). Psychological and pharmacological treatments for adults with PTSD. Comparative effectiveness review 92. Download from

www.effectivehealthcare.ahrq.gov/reports/final.cfm

- review from Dept of Health and Human Services, a US government department.

Benish, S.G., Imel, Z.E., & Wampold, B.E. (2008). The relative efficacy of bona fide psychotherapies for treating posttraumatic stress disorder: a meta-analysis of direct comparisons. *Clinical Psychology Review*, **28**, 746-758.

Bisson, J.I., Ehlers, A., Matthews, R., Pilling, S., Richards, D., & Turner, S. (2007). Psychological treatments for chronic post-traumatic stress disorder: systematic review and meta-analysis. *British Journal of Psychiatry*, **190**, 97-104.

Cloitre, M. (2009). Effective psychotherapies for posttraumatic stress disorder: a review and critique. *CNS Spectrums*, **14**, 32-43.

Cukor, J., Spitalnick, J., Difede, J., Rizzo, A. & Rothbaum, B.O. (2009). Emerging treatments for PTSD. *Clinical Psychology Review*, 29, 715-726.

Ehlers, A., Bisson, J., Clark, D.M., Creamer, M., Pilling, S., Richards, D., Schnurr, P., Turner, S., & Yule, W. (2009). Do all psychological treatments really work the same in posttraumatic stress disorder? *Clinical Psychology Review*, doi:10.1016/j.cpr.2009.12.001.

Forbes, D. et al (2010). A guide to guidelines for the treatment of PTSD and related conditions. *Journal of Traumatic Stress*, 23, 537-52.

- helps make sense of different PTSD treatment guidelines from around the world.

Rose, S. & Bisson, J. (1998). Brief early psychological interventions following trauma: a systematic review of the literature. *Journal of Traumatic Stress*, 11, 697-710.

- no conclusive evidence from RCTs that immediate individual intervention is beneficial.

Stein, D.J., Cloitre, M., Nemeroff, C.B., Nutt, D.J., Seedat, S., Shalev, A., Wittchen, H-U., & Zohar, J. (2009). Cape Town consensus on posttraumatic stress disorder. *CNS Spectrums*, 14, 52-58.

Stein, D.J., Ipser, J., & McAnda, N. (2009). Pharmacotherapy of posttraumatic stress disorders: a review of meta-analyses and treatment guidelines. *CNS Spectrums*, 14, 25-31.

Shame, Guilt, Anger

Gilbert, P. (1997) The evolution of social attractiveness and its role in shame, humiliation, guilt and therapy. *British Journal of Medical Psychology*, 70, 113-147.

- the paper to read if you're interested in shame. Long, comprehensive, excellent.

Gilbert, P. (1999) Shame and humiliation in complex cases. In N. Tarrier, G. Haddock & A. Wells (eds.) *Complex cases: a CBT approach*. Chichester: Wiley.

Chemtob, C. & Novaco, R.W. (1998). Anger. In V. Folette, J. Ruzek & F. Abueg (eds) *Cognitive behavioral therapies for trauma*. London: Guilford Press.

Kubany, E. (1998). Trauma Related Guilt. In V. Folette, J. Ruzek & F. Abueg (eds) *Cognitive behavioral therapies for trauma*. London: Guilford Press.

- excellent chapter (updated version of the 1995 paper)

Kubany, E. & Manke, F. (1995) Cognitive therapy for trauma-related guilt: conceptual bases and treatment outline. *Cognitive and Behavioural Practice*, 2, 27-61.

- a 'how-to' paper.

Dissociation

Gershuny, B.S. & Thayer, J.F. (1999) Relations among psychological trauma, dissociative phenomena, and trauma-related distress: a review and integration. *Clinical Psychology Review*, 19, 631-657.

- review of the field. Not a 'how-to' paper.

Kennedy, F. et al (2013). *Cognitive behavioural approaches to the understanding and treatment of dissociation*. Hove: Routledge.

Kennerley, H. (1996) Cognitive therapy of dissociative symptoms associated with trauma. *British Journal of Clinical Psychology*, **35**, 325-340.

- very good paper. Useful clinical ideas.

Sivec, H.J., & Lynn, S.J. (1995) Dissociative and neuropsychological symptoms: a question of differential diagnosis. *Clinical Psychology Review*, **15**, 297-316.

Wagner, A.W. & Linehan, M.M. (1998) Dissociative behavior. In V. Folette, J. Ruzek & F. Abueg (eds) *Cognitive behavioral therapies for trauma*. London: Guilford Press.

- excellent chapter on dialectical behavior therapy approaches for dissociative behavior.

Military-related PTSD

Gray, M.J. et al (2012). Adaptive disclosure: an open trial of a novel exposure based intervention for service members with combat related psychological stress injuries. *Behavior Therapy*, **43**, 407-415.

Jones, M. et al (2012). What explains PTSD in UK service personnel: deployment or something else? *Psychological Medicine*, doi: 10.1017/S0033291712002619.

Litz, B.Y. et al (2009). Moral injury and moral repair in war veterans: a preliminary model and intervention strategy. *Clinical Psychology Review*, doi [10.1016/j.cpr.2009.07.003](https://doi.org/10.1016/j.cpr.2009.07.003).

Seal, K.H., Bertenthal, D., Miner, C., Sen, S., & Marmar, C. (2007). Bringing the war back home: mental health disorders among 103788 US veterans returning from Iraq and Afghanistan seen at Department of Veterans Affairs Facilities. *Archives of Internal Medicine*, **167**, 476-482.

Steenkamp, M.M., & Litz, B.T (2012). Psychotherapy for military-related PTSD: Review of the evidence. *Clinical Psychology Review*, doi: 10.1016/j.cpr.2012.10.002.

Refugees & Asylum Seekers

Arnzt, A. et al (2013). Imagery rescripting as treatment for complicated PTSD in refugees: a multiple baseline case series study. *Behaviour Research and Therapy*, doi: 10.1016/j.brat.2013.02.009

- an acceptable and effective treatment for this group.

Bhugra, Bhui & Craig (eds.) (2010). *Mental Health of Refugees and Asylum Seekers*. Oxford University Press.

Grey, N., Lab, D., & Young, K. (2010) Posttraumatic Stress Disorder. In Bhugra, Bhui & Craig (eds.) *Mental Health of Refugees and Asylum Seekers*. Oxford University Press.

Grey, N. & Young, K. (2008). Cognitive behaviour therapy with refugees and asylum seekers experiencing traumatic stress symptoms. *Behavioural and Cognitive Psychotherapy*, **36**, 3-19.

- provides a possible 'clinical pathway' and case example.

Neuner, F., Kurreck, S., Ruf, M., Odenwald, M., Elbert, T. & Schauer, M. (2010). Can asylum-seekers with posttraumatic stress disorder be successfully treated? A randomized controlled pilot study. *Cognitive Behaviour Therapy*, **39**, 81-91.

- NET showed modest but significant gains over TAU. Only one person lost PTSD diagnosis.

Robjant, K. & Fazel, M. (2010). Narrative Exposure Therapy. *Clinical Psychology Review*.

Schulz, P.M., Resick, P.A., Huber, L.C., & Griffin, M.G. (2006). The effectiveness of cognitive processing therapy for PTSD with refugees in a community setting. *Cognitive and Behavioural Practice*, 13, 322-331.
- 17 sessions CPT led to good outcomes in audit of n=53.

Schulz, P.M., Huber, L.C. & Resick, P.A. (2006). Practical adaptations of cognitive processing therapy with Bosnian refugees: implications for adapting practice to a multicultural clientele. *Cognitive and Behavioural Practice*, 13, 310-321.
- some helpful practical ideas.

Wilson, J.P. & Drozdek, B. (eds.) (2004). *Broken Spirits: the treatment of traumatized asylum seekers, refugees, war and torture victims*. Hove: Brunner-Routledge.
- good handbook on considerations involved in this area but not a good 'how-to' book.

Van der Veer, G. (1998) *Counselling and Therapy with Refugees and Victims of Trauma: Psychological Problems of Victims of War, Torture and Repression (2nd ed.)*. Chichester: Wiley.
- very useful and accessible. Covers lots of ground succinctly.

'Complex' PTSD

Bryant, R. (2010). The complexity of complex PTSD. *American Journal of Psychiatry*, 167, 879-881.

Cloitre, M. et al (2011). Treatment of complex PTSD: results of the ISTSS expert clinician survey of best practices. *Journal of Traumatic Stress*, 24, 615-627.
- use phase based treatment approach.

Courtois, C. & Ford, J. (2009). *Treating complex traumatic stress disorders: an evidence based guide*. Guilford Press.

De Jongh, A. et al (2016). Critical analysis of the current treatment guidelines for complex PTSD in adults. *Depression and Anxiety*, DOI 10.1002/da.2246

- phase based treatments aren't necessary or evidence-based.

Grey, N. (2010). Review of Courtois & Ford, 2009. *Behavioural and Cognitive Psychotherapy*, 38, 376-382.

Harned, M. et al (2012). Treating PTSD in suicidal and self-injuring women with borderline personality disorder: development and preliminary evaluation of a Dialectical Behavior Therapy Prolonged Exposure Protocol. *Behaviour Research and Therapy*, 50, 381-386.
- Melanie Harned is the key person working with PTSD and BPD. She has other helpful papers published too.

Herman, J.L. (1992) Complex trauma: A syndrome in survivors of prolonged and repeated trauma. *Journal of Traumatic Stress*, 5, 377-391.
- paper that summarises some of the key points from her book.

Levitt, J.T. & Cloitre, M. (2005). A clinician's guide to STAIR/MPE: treatment for PTSD related to childhood abuse. *Cognitive and Behavioural Practice*, 12, 40-52.
- Skills Training in Affective and Interpersonal Regulation and Modified Prolonged Exposure. The treatment reported in Cloitre (2010) RCT. Very helpful.

Resick PA, Bovin MJ, Calloway AL, et al. (2012). A critical evaluation of the Complex PTSD literature:

implications for DSM-5. *J. Trauma Stress* 2012;25:241–251. doi: 10.1002/jts.21699.

Roth, S., Newman, E., Pelcovitz, D., Van der Kolk, B. & Mandal, F.S. (1997) Complex PTSD in victims exposed to sexual and physical abuse: results from the DSM IV field trial for post-traumatic stress disorder. *Journal of Traumatic Stress*, **10**, 539-555.

Shalev, A.Y. (1997) Discussion: treatment of prolonged post-traumatic stress disorder - learning from experience. *Journal of Traumatic Stress*, **10**, 415-423.

- concluding paper of special issue of JTS.

Personality disorders

Arntz, A. (1999) Do personality disorders exist? On the validity of the concept and its cognitive-behavioural formulation and treatment. *Behaviour Research & Therapy*, **37**, S97-S134.

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- Melanie Harned is the key person working with PTSD and BPD. She has other helpful papers published too.

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