Abstract “IPT for PTSD”

As an alternative to exposure therapies, “IPT for PTSD” offers a non-exposure-based approach to PTSD. In IPT, the impact of trauma on the patient’s life is acknowledged, but rather than attempting to reconstruct the traumatic events, it aims to repair the damage trauma does to interpersonal trust and social functioning. Trauma can isolate patients from the social supports that protect against developing and help in recovery from PTSD.

Among the consequences of PTSD are affective numbing, interpersonal hypervigilance, and social withdrawal. Numbness, an avoidance particularly of negative affect, makes it hard to read one’s interpersonal environment. Thus in adapting IPT for PTSD, the early part of treatment is devoted to affective reattunement: helping patients to identify their emotions and to recognize them as helpful social signals rather than as bad or dangerous. Once patients can read their feelings, they can put them to use to handle relationships better, deciding whom they can trust and whom they can’t.  IPT for PTSD tends to focus on role transitions, which are usually inherent having been traumatized.

# Literature:

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