

Post Traumatic Stress Disorder (PTSD)

SYNOPSIS

Workshop's Theme: PTSD 1 (Week 1)

General Objective:

- Help the clients to identify and to understand the three main groups of symptoms of PTSD

Specific Objectives:

- Help discriminating between different symptoms
- Help the clients to identify the functions of the symptoms

Planning of the activity:

How to reach the objectives:

- Theories relating to the three main groups of symptoms
 - Discussions and interaction between the clients and the group moderator (group conversation)
 - Sharing opinions and reflections on subjects discussed in the workshop
 - Overview of the workshop to verify achievements
- **Duration: 1 h 15**

References:

Linehan, Ph.D, Thérapie comportementale dialectique, 2012

Brillon, Pascal Ph.D, Comment aider les victimes souffrant de stress post-traumatique, 3^{ème} édition, 2007

Workshop's Theme: PTSD 2 (Week 1)

The Foa et al. (1989) Model

General Objective:

- Help the clients to understand the Foa et al 1989 model about emotional treatment

Specific Objectives:

- Help the clients' awareness to discriminate between a normal fear structure and a traumatic stress structure

Planning of the activity:

How to reach the objectives:

- Theories relating to the model on emotional treatment (Foa et al. 1989)
 - A visual presentation of both structures
 - Discussions and interaction between the clients and the group moderator (group conversation)
 - Sharing opinions and reflections on subjects discussed in the workshop
 - Overview of the workshop to verify achievements
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- **Duration: 1 h 15**

References:

Brillon, Pascal Ph.D, Comment aider les victimes souffrant de stress post-traumatique, 3^{ème} édition, 2007

Workshop's Theme: PTSD 3 (Week 1)

Learning to live with PTSD

General Objective:

- Help the clients to cope with their PTSD and to learn how to care for themselves daily.

Specific Objectives:

- Help the clients to adapt their daily living while coping with PTSD
- Help the clients to develop real ways of caring for themselves

Planning of the activity:

How to reach the objectives:

- Identify approaches and ways of coping with PTSD and caring for themselves
 - Discussions and interaction between the clients and the group moderator (group conversation)
 - Sharing opinions and reflections on subjects discussed in the workshop
 - Overview of the workshop to verify achievements
- **Duration: 1 h 15**

References:

Linehan, Ph.D, Thérapie comportementale dialectique, 2012

Brillon, Pascal Ph.D, Comment aider les victimes souffrant de stress post-traumatique, 3^{ème} édition, 2007

Workshop's Theme: PTSD 4 (Week 1)

Learning to tolerate distress

General Objective:

- Help the clients to learn how to deal with distress

Specific Objectives:

- The difference between physical pain and psychological grief (distress zone) and suffering
- Help the clients to understand notions of acceptance and non-acceptance
- Outline the notion of crisis and identify ways of dealing with it

Planning of the activity:

How to reach the objectives:

- Theories relating to notions of grief, pain, crisis and acceptance
- Presentation of a chart outlining the structure of a crisis
- Discussions and interaction between the clients and the group moderator (group conversation)
- Sharing opinions and reflections on subjects discussed in the workshop
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

Reference :

Linehan, Ph.D, Thérapie comportementale dialectique, 2012

Workshop's Theme: PTSD 5 (Week 1)

Managing anxiety

General Objective:

- Help the clients to deal with notions of stress, anxiety and relaxation

Specific Objectives:

- Describe the meanings of stress, anxiety and relaxation
- Help the clients to practice different techniques of relaxation (Diaphragmatic and Jacobson) (Different techniques of breathing).
- Help the clients to identify two (2) techniques of relaxation fitting with their needs.

Planning of the activity:

How to reach the objectives:

- Theories relating to notions of stress, anxiety and relaxation
- Different techniques of relaxation and breathing
- Discussions and interaction between the clients and the group moderator (group conversation)
- Sharing opinions and reflections on subjects discussed in the workshop
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

Reference :

Linehan, Ph.D, Thérapie comportementale dialectique, 2012

Brillon, Pascal Ph.D, Comment aider les victimes souffrant de stress post-traumatique, 3^{ème} édition, 2007

Workshop's Theme: PTSD 6 (Week 2)

Managing emotions

General Objective:

- Help the clients to deal with their emotions

Specific Objectives:

- Help the clients to understand emotions and their main function
- Help the clients to understand all stages of the emotional process
- Help the clients to identify their basic emotions and tangible methods of dealing with them, specially distress.

Planning of the activity:

How to reach the objectives:

- Theories relating to emotions
 - Different ways of managing emotions and finding strategies to defuse them
 - Presentation of a distress thermometer
 - Discussions and interaction between the clients and the group moderator (group conversation)
 - Sharing opinions and reflections on subjects discussed in the workshop
 - Overview of the workshop to verify achievements
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- **Duration: 1 h 15**

References:

Linehan, Ph.D, Thérapie comportementale dialectique, 2012

Brillon, Pascal Ph.D, Comment aider les victimes souffrant de stress post-traumatique, 3^{ème} édition, 2007

Workshop's Theme: PTSD 7 (Week 2)

In search of security

General Objective:

- Help the clients to learn how to feel reassured

Specific Objectives:

- Discuss the concepts of security, relaxation, appeasement, grounding, visualisation of a protected space and mandalas
- Help the clients to identify their own techniques of relaxation and appeasement

Planning of the activity:

How to reach the objectives:

- Theories relating to security, relaxation, appeasement, grounding, visualisation and achieving mandalas
 - Presentation on practices leading to security, relaxation and appeasement
 - Discussions and interaction between the clients and the group moderator (group conversation)
 - Sharing opinions and reflections on subjects discussed in the workshop
 - Overview of the workshop to verify achievements
- **Duration: 1 h 15**

References :

Linehan, Ph.D, Thérapie comportementale dialectique, 2012

Brillon, Pascal Ph.D, Comment aider les victimes souffrant de stress post-traumatique, 3^{ème} édition, 2007

Workshop's Theme: PTSD 8 (Week 2)

Fundamental beliefs

General Objective:

- Help the clients to learn about fundamental beliefs and fixed patterns of thoughts

Specific Objectives:

- Help the clients to differentiate between three types of fundamental beliefs (Janoff-Bulman) and their influence on the feeling of personal invulnerability
- Help the clients to differentiate between the six themes of basic patterns presented by McCann & Pearlman (1990) mostly for those coping with traumatic situations and three other themes potentially present in cases of distress (Beck & Emery, 1985).

Planning of the activity:

How to reach the objectives:

- Theories relating to fundamental beliefs
- Discussions and interaction between the clients and the group moderator (group conversation)
- Sharing opinions and reflections on subjects discussed in the workshop
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

References :

Brillon, Pascal Ph.D, Comment aider les victimes souffrant de stress post-traumatique, 3^{ème} édition, 2007

Workshop's Theme: PTSD 9 (Week 2)

Cognitive distortions

General Objective:

- Help the clients to understand the theory of cognitive distortion

Specific Objectives:

- Help the clients to differentiate between different types of cognitive distortions
- Help the clients to identify distortions applying to their own life and to take notice of means enabling them to better apprehend their reality

Planning of the activity:

How to reach the objectives:

- Theories relating to the ten current cognitive distortions and the five cognitions associated with maintaining PTSD
- Discussions and interaction between the clients and the group moderator (group conversation)
- Sharing opinions and reflections on subjects discussed in the workshop
- Overview of the workshop to verify achievements

- **Duration: 1 h 15**

References :

Linehan, Ph.D, Thérapie comportementale dialectique, 2012

Brillon, Pascal Ph.D, Comment aider les victimes souffrant de stress post-traumatique, 3^{ème} édition, 2007

Burns, David D. Dr, Etre bien dans sa peau, Les éditions Héritage, 2011

Workshop's Theme: PTSD 10 (Week 2)

Overview and reinforcement of achievements during the therapy

General Objective:

- Help the clients to develop ways of behaving in traumatic situations and to enhance the achievements gained during the therapy

Specific Objectives:

- Help the clients to reflect on their achievements during the therapy
- Help the clients to distinguish the best ways to prevent or to deal with a crisis

Planning of the activity:

How to reach the objectives:

- Theories relating to strategies on crisis management
 - Discussions and interaction between the clients and the group moderator (group conversation)
 - Sharing opinions and reflections on subjects discussed in the workshop
 - Overview of the workshop to verify achievements
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- **Duration: 1 h 15**

References :

Les Anciens combattants, Canada, Comment obtenir de l'aide et vous aider vous-même au moment d'une crise.