

Introduction to Post Traumatic Stress Disorder (PTSD) workshop

I would like to thank the Foundation for Professionals in Services to Adolescents (FPSA) for their generosity in funding a place for me to attend this workshop, hosted by the British Association for Behavioural & Cognitive Psychotherapies.

The workshop covered the key features of PTSD, the assessment of trauma reactions and detailed one of the leading models in this area. The various potential effects of trauma (single incident & complex) were highlighted and working with intrusive memories and flashbacks as a therapist using a Cognitive-behavioural approach was discussed.

I feel I am now more aware of how PTSD may present clinically and would like to thank again the FPSA for enabling me to attend.

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