

Workshop BRIEF ECLECTIC PSYCHOTHERAPY for PTSD (BEPP)

Ljubljana, 9. – 11. 6. 2016

www.traumatreatment.eu

Course objective:

- To understand the framework of this effective treatment for PTSD,
- To understand and become familiarized with the different modules of this treatment-protocol,
- To be able to start practicing BEPP with supervision.

Course contents:

Brief eclectic psychotherapy for PTSD (BEPP) has specifically been developed for the treatment of PTSD. It is an evidence based treatment as effective as CBT and EMDR. Clients and therapists choose BEPP when they want to diminish the symptoms of PTSD but also favour to pay attention to the emotions, the story of the traumatic experience(s) and about how the event(s) changed their lives. Therapists therefore often call BEPP a complete treatment because the elements of the treatment protocol are in line with a natural process of working through and learning from trauma. The 16-sessions Brief Eclectic Psychotherapy for PTSD Protocol (BEPP) was originally developed for police officers with PTSD and proved to be effective also for other PTSD-patients in randomized controlled trials (RCT). The effectiveness has also been proofed with neuroimaging and a significant decrease of the heart rate. The treatment starts with psychoeducation on PTSD. The patient and his or her partner learn to understand the symptoms of PTSD as dysfunctional, and caused by the traumatic event. The patient will then receive 4-6 sessions of relaxation and imaginary exposure, focused on the suppressed intense emotions of sorrow. Memorabilia are used to stimulate remembrances of the traumatic event and a writing task to write a letter to someone or an institution blamed for the traumatic incident. The letter is specifically used to help to express the aggressive feelings. Most symptoms will then disappear and the patient is able to concentrate on what the impact of the trauma has been on his view of him or herself and on their world. During BEPP there should be considerable change and a new equilibrium should be reached. This is called the 'domain of meaning phase'. The treatment will end by a farewell ritual with the partner in whom the letter and or mementos are burned to leave the traumatic incident behind, as a way to turn and face life and the future, at the same time never to forget, but not hindering the individual anymore in their daily life.

Methods used in the training workshop

During the training the participants will get acquainted with all five elements of the BEPP protocol: psychoeducation, imaginal exposure to the traumatic event, writing assignments, the domain of meaning and integration, and the farewell ritual. Theoretical introductions will be alternated with practical case demonstrations on DVD, roleplaying and personal exercises. This will help to understand and fine-tune the treatment when applying the protocol. There will also be space for discussion and for sharing experiences with own clients and ideas. The 70 page BEPP protocol is available in English, German, Dutch and Lithuanian. For further information see www.traumatreatment.eu.

Course trainer:

Prof. dr. Berthold Gersons emeritus Distinguished AMC professor of Psychiatry AMC, University of Amsterdam and Senior Scientific Advisor Centrum '45, Netherlands, b.p.gersons@amc.nl

Time Frame

Day 1

9:30 – 10:30

Introduction

- Welcome and Learning to know each other and presentation of expectations
- Theoretical background of BEPP; similarities and differences with other trauma-therapies
- Overview of the BEPP-protocol

11:00 – 12:30

Psychoeducation I

- Introduction
- DVD
- Discussion

12.30 – 13.30 Lunch

13:30 – 15:00

Psychoeducation II

Role playing (3 x 20 minutes)

Discussion of experiences

15:30 – 17.00

Imaginary exposure I

- Introduction
- Relaxation training
- DVD
- Discussion

Work for next day (memorabilia)

Day 2

9:30 – 11:00

Imaginary exposure II

Role playing (3 x 20 minutes)

Discussion of experiences

11:30 – 12:30

Use of memorabilia and letter writing

- Memorabilia (from participants)
- Exercise letter writing

12.30 – 13.30 Lunch

13:30 – 15:00

Domain of meaning

- Introduction
- DVD
- Role playing

15.30 -17.00

Introduction Farewell ritual

- Theory and examples
- DVD Farewell ritual
- Discussion

Day 3

9.30 – 10.30

Case presentations of participants

11.00 – 12.00

Other issues

- Indications and Contra-Indications
- BEPP, CBT, EMDR; common aspects and differences
- Comorbidity
- Cultural Context
- Transference and Countertransference

12.30 – 13.00

Evaluation

- Certification
- Farewell

About the trainer

professor dr. Berthold Gersons



Berthold Gersons (68) is a psychiatrist, emeritus distinguished AMC-professor and professor of psychiatry at the Academic Medical Center of the University of Amsterdam, the Netherlands. In 1980 he started research on trauma and PTSD in the police force and he established the first self-help-team in Dutch police force. Currently 10% of the Dutch police officers are member of the 'occupational support teams' after trauma. He developed the Brief Eclectic Psychotherapy (BEPP) protocol consisting of 16-sessions for police officers and other trauma-I victims and showed the effectiveness in randomised trials. BEP has been recognized in the NICE Guidelines (2005). He has been advisor for the Dutch Government after major disasters in the Netherlands, like the El Al air crash in 1992 and the Enschede firework disaster in 2000. He is a member of the Board of the Dutch Veterans Institute and was an advisor for the Ministry of Defence. He is adviser to the National Coordinator for Counterterrorism to help politicians under threat to cope. His group with dr. Miranda Olff is active in research on treatment and biological factors. He has been member of the board of the Journal of Traumatic Stress, of the Board of the ISTSS and ESTSS. He has been president of the European Society of Traumatic Stress Studies. He has published over 200 papers in scientific journals and books and has lectured around 500 in his home country and in various countries all over the world.

Literature to be studied

Protocol "*Brief eclectic psychotherapy for posttraumatic stress disorder*", English version, 2010

Supervision

Regular supervision is needed. Supervision can be done via Skype. It can be done individually and in a group.

Optional

A one-day follow up workshop can be organized.

References

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