

TRAUMA and PTSD II

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MODULES OF LECTURE II

1-General Treatment

2-Mechanisms of Dynamic Therapy and Trauma
Recovery

3-Affiliative (interpersonal) Behavior and Trauma

PTSD Treatment

(General Principles)

- Limit memory consolidation (pharmacol.)
- Treat comorbid disorders
- Debriefing/ “help seeking pathways”
- Maintenance psychotherapy (Cogn.-Beh.)
- Most often: eclectic therapy
- EMDR
- “Trauma focused groups”
- Crucial element: Reworking of attachment

The ISTSS Treatment Guidelines for PTSD

- Psychological Debriefing
- Cognitive Behavior Treatment (CBT)
- Pharmacotherapy for Posttraumatic Stress Disorder
- Treatment of Pediatric PTSD
- EMDR and Other Neoteric Approaches to the Treatment of Posttraumatic Stress Disorders
- Group Psychotherapy for PTSD

Trauma Recovery

- GOALS

1. Process traumatic memories (metabolize = disconnect from fear)
2. Attain control of emotional dysregulation
3. Correct neurotransmitters dysfunction
4. Develop resiliency = is context specific & includes viability of relationships, capacity to mentalize, empathy

For additional information regarding this subject, please contact Dr. Novac at anovacmd@gmail.com