

MASTERCLASS

M5.1

Overcoming common obstacles when working with memories in trauma-focused CBTSharif El-Leithy^a and Hannah Murray^b^aTraumatic Stress Service London, UK; ²Oxford Centre for Anxiety Disorders and Trauma, UK

Track: Intervention Research and Clinical Studies

Good evidence exists for PTSD treatments in which memory-focused techniques such as imaginal reliving and prolonged exposure play a significant role. However, there are gaps in our understanding of how to adapt existing protocols to apply these treatments effectively with complex cases in routine clinical settings. Revisiting the principles and theories underlying treatment can help us generate novel, and adapt existing, techniques to overcome these difficulties. This masterclass will bring together cognitive models of PTSD and memory, core CBT principles, and advanced therapeutic techniques to solve commonly encountered obstacles in memory-focused PTSD treatments. Four key problem areas will be explored: overwhelming affect, difficulties connecting with feelings and memories, head–heart lag and problems identifying target memories in multiple trauma presentations. The masterclass will complete Kolb's learning cycle using case material including video excerpts, to present clinical examples of commonly encountered problems in PTSD treatment, apply theoretical frameworks to conceptualize these problems, and generate solutions using a broad range of memory and experiential techniques.

PANEL

P5.1

ESTSS Panel: Trauma care in Europe: How can we improve the situation of survivors?Ingo Schäfer (Chair)^a, Dean Ajdukovic^b, Cherie Armour^{c,d}, Małgorzata Dragan^e, Natalia Nalyvaiko^f, Trudy Mooren^g^aDepartment of Psychiatry and Psychotherapy, University Medical Center Hamburg-Eppendorf, Germany; ^bDepartment of Psychology, Faculty of Humanities and Social Sciences, University of Zagreb, Croatia; ^cSchool ofPsychology, Institute of Mental Health Sciences, ^dFaculty of Life & Health Sciences, Ulster University, Northern Ireland; ^eFaculty of Psychology, University of Warsaw, Poland; ^fInternational Institute of Depth Psychology/Non-Governmental organization; ^gUkrainian Society of Overcoming the Consequences of Traumatic Events ('USOCTE'), Ukraine; ^hCentrum '45, the Netherlands

Track: Public Health

During the last three decades, important steps towards a better provision of care for survivors of trauma have been made in Europe. Given the cultural and economic diversity of the continent, there are still marked differences between the European countries with regard to standards of care. Most countries share similar challenges to further improve care for survivors of trauma and have topics in common which need to be addressed. These topics include the further dissemination of evidence-based treatments, the promotion of trauma-informed practices in the whole health-care system and improvements in the care for groups with special needs, including refugees and internally displaced people. Local structures that offer specific trainings, like the new ESTSS curriculum for the treatment of posttraumatic disorders, seem to play a crucial role in promoting such further development. The aim of the panel is to discuss similarities and differences across Europe in trauma care, future developments, and potential measures to better meet the needs of survivors.

SPECIAL WORKSHOP

W5.1

Walking tour through Rotterdam: 75 Years living with war

Ilse Raaijmakers and Bertine Verloop

ARQ National Psychotrauma Centre, Centre of Excellence on War, Persecution and Violence, ARQ National Psychotrauma Centre

Track: Public Health

Next year, 75 years of Freedom will be celebrated all over the Netherlands. However, 75 years of freedom also means 75 years living with war experiences, in individuals, families, and society. The events experienced during the Second World War can have long-lasting effects in the daily life of those directly affected and next generations. The majority of these people are not seen by any psychologist but nonetheless influenced by these experiences. How did individuals deal

with their past within communities? In the field of traumatic stress, there is still a gap in the interplay between individual and society. In this active workshop, we build bridges between disciplines and learn from historians, anthropologist, experts in ritual studies and psychologist about the broad psychosocial impact of war on individuals and society. Guided by a historian and psychologist, we make a walking tour through the city of Rotterdam. Right at the beginning of the Second World War, this city was heavily bombed by Germany. Within 15 min, the historical

centre was almost totally destroyed, 650 to 900 people died and around 80.000 people became homeless. In the rebuild and modern city centre, there are a few artefacts reminding us of this tragic past. During the tour, a psychologist will reflect on public commemoration in relation to mental healing for those (in)directly affected by war. Furthermore, we listen to a testimony and life story regarding the impact of the bombing. By joining this informative walking tour, you get a chance to open your eyes for a broader view of traumatic stress within the society as a whole.