

Introduction to Trauma-focussed interventions for trauma-related disorders

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This to trauma-focussed interventions is aimed at introducing a CBT conceptualisation to trauma-related disorders. We discuss the treatment options within the field of trauma-focussed interventions that have a solid evidence base. We aim to develop a basic understanding of how one of the trauma-focussed interventions, namely prolonged exposure (PE) works. Case examples and roleplays will form part of this training. The application to South-Africa and low-income environments are discussed. You can expect to be provided with a basic introduction to this field and access to resources to receive further training.