



## Poster Presentation

### The Introduction of Traditional and Modern Psychotherapy in the Treatment of Post-Traumatic Stress Disorder

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#### **Abstract**

Various psychotherapies for post-traumatic stress disorder and disturbances associated with it are used. The purpose of this review was to introduce of traditional and modern psychotherapy in the treatment of post-traumatic stress disorder. The data was collected by searching of online databases, english articles selected from science direct, pubmed, proquest, and persian articles from medlib, magiran and SID databases and latin books related to the subject between 2003 and 2015. Psychotherapies that were investigated in this review study were: Prolonged exposure (PE), eye movement desensitization and reprocessing (EMDR), psychological debriefing (PD), 512 psychological intervention model (512 PIM), intranasal oxytocin strategy, accelerated resolution therapy (ART), cognitive processing therapy (CPT) and Schema Therapy (ST) derived from cognitive therapy. Often psychological intervention that their effectiveness by researchers for Post traumatic stress disorder has been examined, accompanied by limitations. For example, psychological debriefing method only short immediately after the trauma could be greater effectiveness and in our culture, especially in men tendency to be low-level debriefing. In Prolonged exposure, whether In vivo exposure or imaginal exposure, focusing on the use of classical and operant conditioning principles to achieve extinction. But the mediating role of cognitive factors in the continuation of the disorder is overlooked. In addition, in some cases, dealing with situations that can cause trauma is difficult and high levels of anxiety and avoidance may provide. Eye movement desensitization and reprocessing due to the implementation on an individual basis, time-consuming and costly for the group therapy is limited. 512 psychological intervention model, intranasal oxytocin strategy and accelerated resolution therapy in the preliminary stages of investigation. And finally it seems that cognitive processing therapy has great efficacy and experimental support.

**Keywords:** Post-Traumatic Stress Disorder, Psychotherapy, Literature Review.

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