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## Poster Presentation

### Efficacy of Life Review Therapy with Emphasis on Islamic Ontology on Decreasing PTSD Symptoms

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#### **Abstract**

Life review therapy has been used for reducing post-traumatic stress disorder (PTSD) symptoms in older ages. Using life review therapy with elements of religious ontology, this study introduces an intervention for decreasing PTSD symptoms in younger adults. The study population included clients referred to the two counseling centers in Tehran during 2008 and 2009. The sample consisted of 18 clients who referred for treatment with PTSD diagnosis by their psychiatrist and were willing to participate in the study. After completion of diagnosis process and a pre-test, clients were randomly assigned to two groups of intervention and control. PTSD symptoms were assessed by PTSD questionnaire before and after the intervention. The intervention group received ten sessions of life review therapy and the control group was invited to attend treatment sessions after the study and the post-test. None of the members of the two groups took any medication during the study period and they were followed up three months later to check the persistence of the effects. Analysis of data by t-test showed a significant decrease in PTSD symptoms in the experimental group. Findings showed that life review therapy with emphasis on islamic ontology was effective in reducing PTSD symptoms. Using elements of religious ontology for those who believe with a process of life review therapy can be effective in reducing PTSD symptoms.

**Keywords:** Life Review Therapy, Islamic Ontology, PTSD.

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