3rd IFP-Training-Workshop:

‘BRIEF ECLECTIC PSYCHOTHERAPY
AN INTEGRATED EVIDENCE-BASED APPROACH FOR THE TREATMENT OF PTSD.’

Friday 12 October – Sunday 14 October 2007, IFP, Vienna, Austria

Workshop trainers:

Prof.dr. Berthold Gersons, professor of Psychiatry, Dep. of Psychiatry, AMC de Meren, University of Amsterdam, Netherlands, b.p.gersons@amc.uva.nl

Mirjam Nijdam, MSc, psychologist / researcher, Center for Psychological Trauma, Dep. of Psychiatry, AMC de Meren, University of Amsterdam, Netherlands, m.j.nijdam@amc.uva.nl

Place: Vienna 13, Kardinal König Haus, Kardinal König Platz 3 (Lainzerstr.)

Price: IFP-members or members of IFP-societies 280,- Euro
Booking before Aug. 31st: 250,- Euro
Non-members of IFP 330,- Euro*
Booking before Aug. 31st: 300,- Euro
* Membership fee per year 30,- Euro (15 UE)

The seminar will be held in German language.

Application: c.erpenbeck@ifp.name

Workshop objective:

➢ To understand the framework of this effective treatment for PTSD;
➢ To understand and become familiarized with the different modules of this treatment-protocol;
➢ To reach level I certificate to start practicing BEP with supervision;

What is BEP?

The 16-sessions Brief Eclectic Protocol (BEP) was originally developed for police officers (n-300) with PTSD and proved to be effective in a randomized controlled trial (RCT). A recent RCT has shown again its effectiveness with neuro-imaging and a significant decrease of the heart rate. Meanwhile BEP has been used with excellent results for a range of other PTSD patients e.g. following disasters (n-1300). The treatment starts with psychoeducation on PTSD. The patient and his or her partner learn to understand the symptoms of PTSD as dysfunctional, and caused by the traumatic event. The patient will then receive 4-6 sessions of relaxation and imaginal exposure, focused on the suppressed intense emotions of sorrow.
Memorabilia is used to stimulate remembrances of the traumatic event and a writing task to write a letter to someone or an institution blamed for the traumatic incident. The letter is specifically used to help to express the aggressive feelings. Most symptoms will then disappear and the patient is able to concentrate on what the impact of the trauma has been on his view of him or herself and on their world. During BEP there should be considerable change and a new equilibrium should be reached. This is called the ‘domain of meaning phase’.

Recent research by Edna Foa, has shown the need of context after exposure to prevent new episodes of PTSD. The treatment will end by a farewell ritual with the partner in which the letter and or mementos are burned to leave the traumatic incident behind, as a way to turn and face life and the future, at the same time never to forget, but not hindering the individual anymore in their daily life.

The workshop will cover 2.5 days in which all elements of the protocol will be trained.

**Schedule:**

**Friday 12 October, 14.00 – 19.00:**

Afternoon:
- Learning to know each other and presentation of expectations
- Diagnostics of PTSD.
- BEP- Introduction.

Evening:
- Psychoeducation.
- Imaginary exposure.

**Saturday 13 October, 9.00 – 17.00:**

Morning:
- Discussion of cases;
- Use of memorabilia and letter writing;

Afternoon:
- Domain of meaning
- Farewell ritual.

**Sunday 14 October, 9.00 – 13.00:**

- Indications and contra-indications;
- Comorbidity;
- Transference and countertransference;
- BEP and CBT and EMDR;
- Evaluation and diplomas;
Short biographical sketch.

CV professor dr. Berthold Gersons

Berthold Gersons (61) is a psychiatrist, distinguished AMC-professor and professor of psychiatry at the Academical Medical Center of the University of Amsterdam, the Netherlands. In 1980 he started research on trauma and PTSD in the police force and he established the first self-help-team in Dutch police force. Currently 10% of the Dutch police officers are member of the ‘occupational support teams’ after trauma. He developed the Brief Eclectic Psychotherapy (BEP) protocol consisting of 16-sessions for police officers and other trauma-I victims and showed the effectiveness in randomised trials. BEP has been recognized in the NICE Guidelines (2005). He has been advisor for the Dutch Government after major disasters in the Netherlands, like the El Al air crash in 1992 and the Enschede firework disaster in 2000. He is a member of the Board of the Dutch Veterans Institute and was an advisor for the Ministry of Defence. His group with dr. Miranda Olff is active in research on treatment and biological factors. He has been member of the board of the Journal of Traumatic Stress, of the Board of the ISTSS and ESTSS. Currently he is president of the European Society of Traumatic Stress Studies. He has published over 200 papers in scientific journals and books and has lectured around 500 in his home country and in various countries all over the world.

CV Mirjam Nijdam, MSc

Mirjam Nijdam is a psychologist at the Center for Psychological Trauma at the Department of Psychiatry of the Academic Medical Center at the University of Amsterdam, the Netherlands. After obtaining her Master's Degree in Clinical Psychology, she specialized in the diagnostic assessment and treatment of trauma and posttraumatic stress disorder. Her PhD project is a randomized controlled trial that compares the efficacy of two psychotherapies for posttraumatic stress disorder; Brief Eclectic Psychotherapy (BEP) and Eye Movement Desensitization and Reprocessing Therapy (EMDR). She has been teaching in education programs for students of medicine and psychology, and has been a supervisor for psychology students in their internship. Other interests include the neuropsychology of posttraumatic stress disorder and the psychology of terrorism.

Reference:

Gersons, B.P.R., Patterns of posttraumatic stress disorder among police officers following shooting incidents; the two-dimensional model and some treatment implications. J. of Traumatic Stress 2:3, 247-257, 1989

Gersons, B.P.R., Carlier, I.V.E., Post-traumatic stress disorder; the history of a recent concept, British J. of Psychiatry 161, 742-748, 1992

Carlier, I.V.E., Lamberts, R.D., Gersons, B.P.R., Risk factors for posttraumatic symptomatology in police officers: a prospective analysis, the Journal of Nervous and Mental Disease 181:8, 498-506, 1997

Carlier, I.V.E., van Uchelen, J.J., Lamberts, R.D., Gersons, B.P.R. Clinical utility of a brief diagnostic test for Posttraumatic Stress Disorder, Psychosomatic Medicine, 60:1, 42-47, 1998


R.J.L. Lindauer, M. Olff, E.P.M. van Meijel, I.V.E. Carlier, B.P.R. Gersons, *Cortisol, learning, memory, and attention in relation to smaller hippocampal volume in police officers with posttraumatic stress disorder*, Biol Psychiatry 2005


