

Recent Advances in Psychological Treatments for PTSD

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COMMONWEALTH OF MASSACHUSETTS

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RECENT ADVANCES IN PSYCHOLOGICAL TREATMENTS FOR PTSD

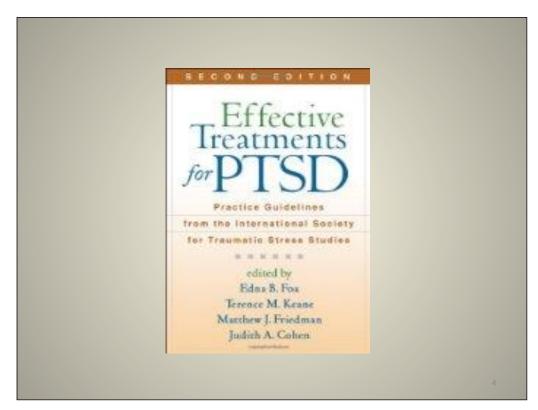


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Developing and Validating Treatments





NOTES:			

Common elements of PTSD Treatment?

- Disclosure of the elements of the experience.
- Direct therapeutic exposure to events.
 - Countering avoidance strategies.
- Education about trauma & PTSD.
- Cognitive restructuring on key distortions.
- Skills for Anxiety Management.

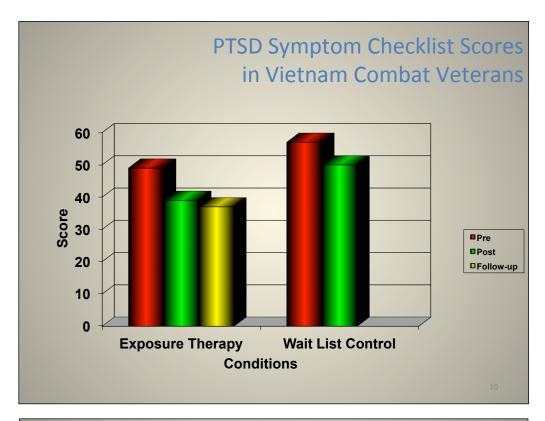
Keane (2008;2010)

Brief Reports

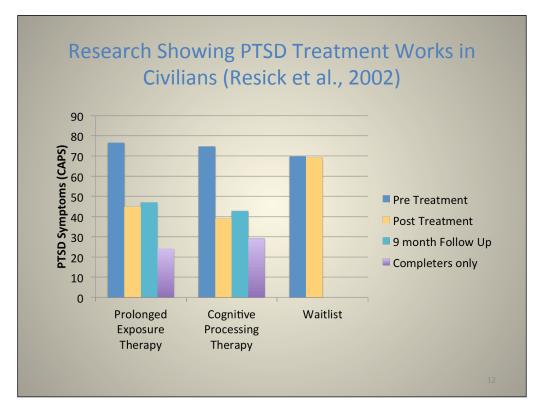
Imaginal Flooding in the Treatment of a Posttraumatic Stress Disorder

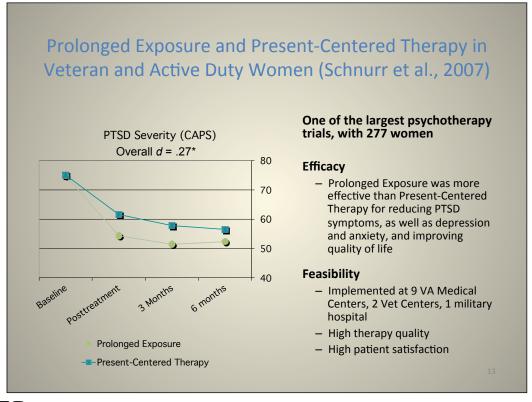
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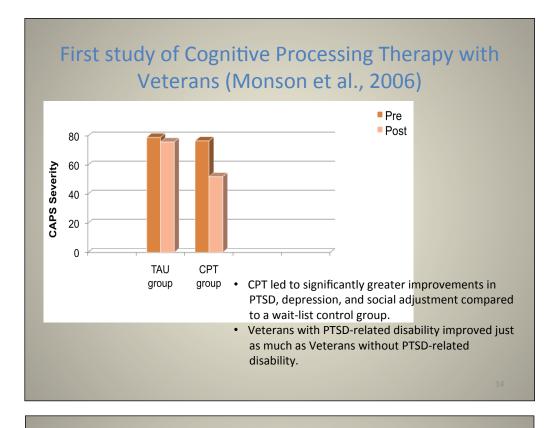
 CBT Treatment of PTSD Vietnam Veterans With PTSD Prolonged Exposure v. Anxiety Management v. Wait List Control 6-Month Follow-up Keane, Fairbank, Caddell, & Zimering (1989)	First RCT for Wa	r Veterans with Chronic PTSD
 Prolonged Exposure v. Anxiety Management v. Wait List Control 6-Month Follow-up Keane, Fairbank, Caddell, & Zimering (1989)		CBT Treatment of PTSD
	■ Prolonged Expo Wait List Contro	sure v. Anxiety Management v.
		Keane, Fairbank, Caddell, & Zimering (1989)











Helping Veterans and Their Significant Others

- Couples therapy helps with PTSD (Monson et al., 2012)
 - Benefits from a 15-session therapy program for couples with one partner who has PTSD
 - -Couples receiving Tx showed significantly greater improvements in PTSD & relationship satisfaction.
 - Couples therapy boosted PTSD outcomes, and helped a partner experiencing the burdens of caregiving and emotional distress

NOTES:			

Future Initiatives: The Consortium to Alleviate PTSD (CAP)

- Integration of VA and DoD Resources
- Aims: Identify factors that influence PTSD onset and progression, examine biomarkers to help diagnose PTSD and track the effects of therapy, and develop novel treatments

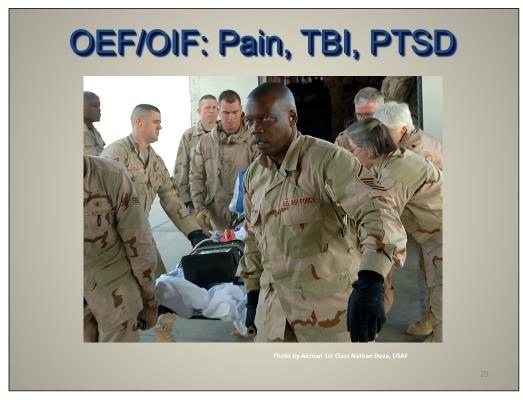
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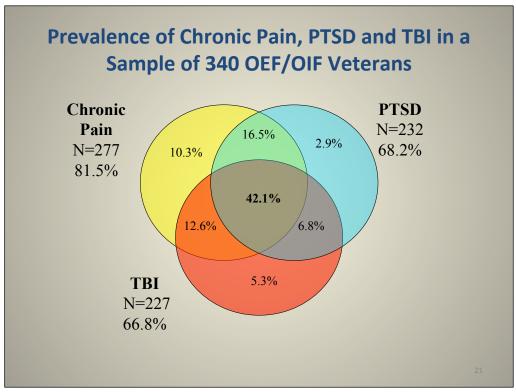
Overview of the Consortium to Alleviate PTSD (CAP) WE MAKE LIVES BETTER UNIT HEALTH SCIENCE CENTER DAN ANTONIO UNIT HELBANGS STUDIES HELBANGS STUDIES HELBANGS STUDIES Allan Peterson, PhD, PI; Terence M. Keane, Ph.D. CO-PI

• Signature Wounds of OEF-OIF.....

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Collaborations

- Chronic Effects of Neurotrauma Consortium (CENC)
 - Consortium Director: Dr David Cifu, Virginia Commonwealth University
- Military Suicide Research Consortium
 - Co-Consortium Directors: Thomas Joiner, Florida State University and Peter Gutierrez, Denver VA MIRECC
- Army Study to Assess Risk and Resilience in Servicemembers (STARRS)
 - Robert Ursano (USUHS) & Murray Stein (UCSD)

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Making Treatments More Efficient and Effective

NOTES:			

Ongoing Work to Improve Care

- Group CBT for Chronic PTSD: A Randomized Clinical Trial (Sloan)
- Variable Length CPT for Combat-Related PTSD (Resick & Wachen)
- Promoting access to and engagement in evidencebased treatment (Sayer)
- CSP #591: Comparative Effectiveness Research in Veterans with PTSD (Schnurr)
- Treatment of post-traumatic headaches (Penzien)
- Evaluation of couple's therapy: Strength at Home (Taft)

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Testing the Use of Technology for Greater Treatment Access and Engagement

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Telemental Health

- A pilot study of PE for PTSD delivered via telehealth technology (Tuerk et al., 2010)
 - Veterans who received PE via telehealth at their local VA CBOC experienced large reductions in PTSD and depression; improvements were similar to those experienced by Veterans who received the treatment in-person at VA Medical Center
- Group CPT delivered to veterans via telehealth (Morland et al., 2011)
 - Results support the feasibility and safety of using video-teleconferencing; Both groups showed clinically meaningful reductions in PTSD symptoms.

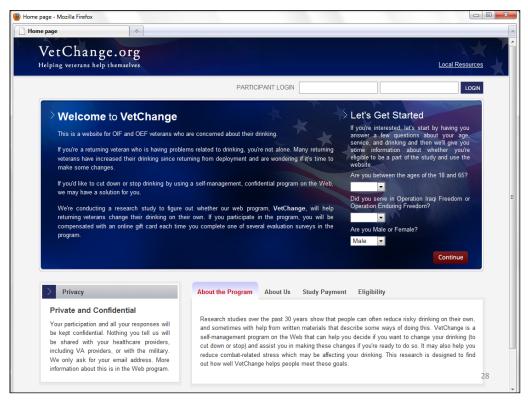
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Web-Based Intervention for Returning Veterans With Risky Alcohol Use & PTSD Symptoms:

Support: NIAAA & VA National Center for PTSD









Sample Facebook Ads

Veterans and Alcohol

vetchange.org



OIF/OEF veteran? Sign up for a paid online research study and learn skills to manage your drinking. • Seen by at least 317,000 users likely to be returning veterans, over 43 recruiting days.

OIF/OEF Veterans vetchange.org



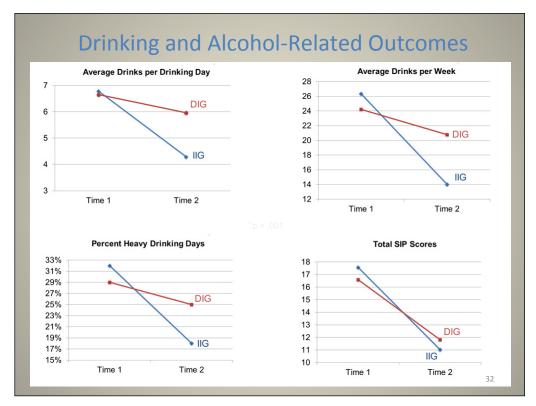
Want to cut back on alcohol? Sign up for a paid online research study and learn skills to manage your drinking.

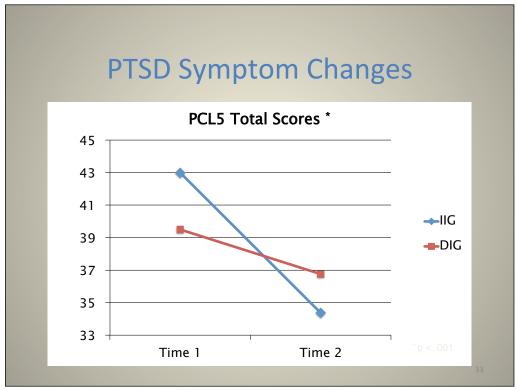
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Web-based Interventions: VetChange (Brief, Keane, et al., 2013)

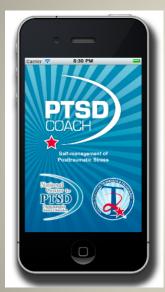
- A self-management Web Intervention using evidence-based strategies for OEF-OIF Veterans engaging in high risk drinking
- Study Design:
 - Two Groups: Initial Intervention Group (IIG) & Delayed Intervention Group (DIG)
- Assessments at baseline, post-intervention, 3 months (DIG completed second baseline assessment)

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Mobile Phone Applications: PTSD Coach



A mobile phone application for people with PTSD and those interested in learning more about PTSD

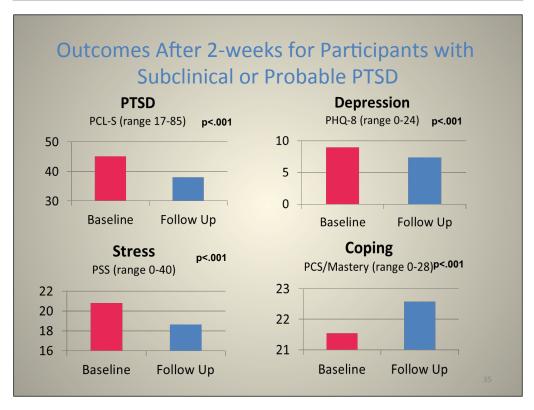
This application provides:

- Education about PTSD
- A self-assessment / monitoring tool
- · Portable skills to address acute symptoms
- Direct connections to crisis support
- Information about treatment aimed at guiding those who could benefit into care

Stand-alone education and symptom management tool, or augmentation of face-to-face care

Easily accessible tools, when they are needed

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Summary Points:

- Stress Exposure & Rates of PTSD in is High in USA
- PTSD is a Treatable Condition.
- Psychological & Pharmacological Treatments are available.
- Creative Delivery of Treatments is Needed
- Develop Integrative Treatments for Multiply Injured Patients.
- Barriers to Care Need to be Addressed
- Response Needed at Individual, Family, and Community Levels.

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