

Psychological treatments of trauma consequences in mental health

Ioanna Giannopoulou

From 1st International Congress on Neurobiology and Clinical Psychopharmacology and European Psychiatric Association Conference on Treatment Guidance
Thessaloniki, Greece. 19-22 November 2009

Introduction

Survivors of different trauma events may present with different severity and length of symptoms. Various theoretical paradigms have been applied to understanding post-traumatic reactions but each model has its advantages and limitations to the extent it explains the post-trauma phenomenology.

Aim

This presentation will focus on the integrative model of adjustment following trauma events (i.e. stimulus, appraisal, emotional state, personality, socio-cultural factors and coping strategies) and its implication for clinical practice, with particular reference to various methods of psychological treatment, planning and implementing psychosocial interventions.

Conclusions

Psychological treatments based on CBT models are an integral part of delivering effective therapeutic interventions.

Published: 22 April 2010

doi:10.1186/1744-859X-9-S1-S30

Cite this article as: Giannopoulou: Psychological treatments of trauma consequences in mental health. *Annals of General Psychiatry* 2010 9(Suppl 1):S30.

Submit your next manuscript to BioMed Central and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

2nd Psychiatry Department Attikon University Hospital, Greece

Submit your manuscript at
www.biomedcentral.com/submit

 BioMed Central