

6. Trauma-focussed CBT for Traumatised Adults *: *Dr Paula Easton & Dr Katharine Logan*

This workshop will provide an introduction to trauma-focussed CBT with a particular emphasis on prolonged exposure, one of the best established psychological treatments for PTSD. We will describe the theoretical basis underlying prolonged exposure therapy and discuss the key therapeutic components of treatment. Reference will be made to other cognitive approaches including cognitive restructuring and cognitive processing therapy. There will be some opportunity to practice key therapeutic techniques.

Biographies

Dr. Paula Easton is a highly specialist Clinical Psychologist working at the Rivers Centre for Traumatic Stress in Edinburgh. Paula first worked as a psychology assistant at the Rivers Centre in 1999 and following qualification in 2004 returned to the service where she has been since. Paula has also worked as part of the ANITT and Cullen Centre teams with adults with eating disorders. Paula has recently completed Part 3 EMDR training and has a particular interest in working with members of the emergency services who have suffered traumatic reactions as a result of their operational duties.

Dr. Katharine Logan is a Consultant Psychiatrist / Psychotherapist at the Rivers Centre for Traumatic Stress in Edinburgh. Katharine completed

general practice training before entering psychiatry and training in psychotherapy (CBT). She is a BABCP accredited therapist and recently completed Level 3 EMDR training. She has worked at the Rivers Centre since 1998 and was appointed a Consultant Psychiatrist / Psychotherapist in 2004. Her interests include maximising outcome by employing a combination of psychological, pharmacological and psychosocial approaches and the treatment of complex cases with co-morbidity. She enjoys lecturing and supervising and has participated in several multi-centre trials.