

Preconference-Workshop

Strategies for handling negative appraisals in children and adolescents with PTSD

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Cognitive Therapy is often viewed as a treatment that seeks to brutalise clients into discarding their “illogical” thoughts and replacing them with the therapists’ own more positive ideas. The reality is very different. Cognitive Therapy is much broader in scope than assumed and may often involve elements more normally associated with metacognitive therapy and mindfulness.

In this workshop strategies for identifying and engaging with trauma-related misappraisals in children and adolescents with PTSD will be explored. Trauma-related appraisals have been shown to play a key role in the onset and maintenance of PTSD in youth, and play a major role in recovery from PTSD in clinical trials. This evidence will be briefly reviewed before considering examples of how to handle these appraisals. We then consider how to work with “true” appraisals and very, very extreme experiences. Participant engagement and argument is strongly encouraged.