



## Interpersonal Psychotherapy for Posttraumatic Stress Disorder

By John C. Markowitz

Oxford University Press Inc, United States, 2016. Paperback. Book Condition: New. 235 x 156 mm. Language: N/A. Brand New Book. Posttraumatic stress disorder (PTSD) is a prevalent, debilitating public health problem. Cognitive behavioral therapies (CBTs), and specifically exposure-based therapy, have long dominated PTSD treatment. Empirically supported treatments-Prolonged Exposure (PE), Cognitive Processing Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and virtual reality therapy-all have relied upon the fear extinction model of exposing patients to reminders of their trauma until they grow accustomed to and extinguish the fear. While exposure-based treatments work, they (like all treatments) have their limits. Many patients refuse to undergo them or drop out of treatment prematurely; others may actually worsen in such treatment; and still others simply do not benefit from them. Interpersonal Psychotherapy for Posttraumatic Stress Disorder describes a novel approach that has the potential to transform the psychological treatment of PTSD. Drawing on exciting new clinical research findings, this book provides a new, less threatening treatment option for the many patients and therapists who find exposure-based treatments grueling. Interpersonal Psychotherapy (IPT) for PTSD was tested in a randomized controlled trial that compared three psychotherapies. Dr. Markowitz and his group found that IPT was essentially just...



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