

# Information Handout

Professional Version | US English

# Understanding PTSD



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## Description

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*Understanding Post-Traumatic Stress Disorder (PTSD)* is a simple pictorial explanation of the causes and maintaining factors in post-traumatic stress disorder (PTSD). It is adapted from the Ehlers & Clark (2000) cognitive model of PTSD, but uses language clients can more readily understand.

Clients with PTSD often find this simplified formulation helpful for understanding critical mechanisms which operate in PTSD. These include: 'unprocessed' memories which lead to re-experiencing; negative beliefs, assumptions, and attributions which increase the sense of threat, and the adoption of coping strategies such as avoidance which results in memories remaining unprocessed and beliefs remaining unchallenged.

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## Instructions

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This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – a psychoeducation resource.
- Discussion point – to provoke a discussion and explore your client's beliefs.
- Therapist learning tool – to improve your familiarity with a psychological construct.
- Supervision tool – to develop formulations and knowledge.
- Teaching resource – a learning tool during training.

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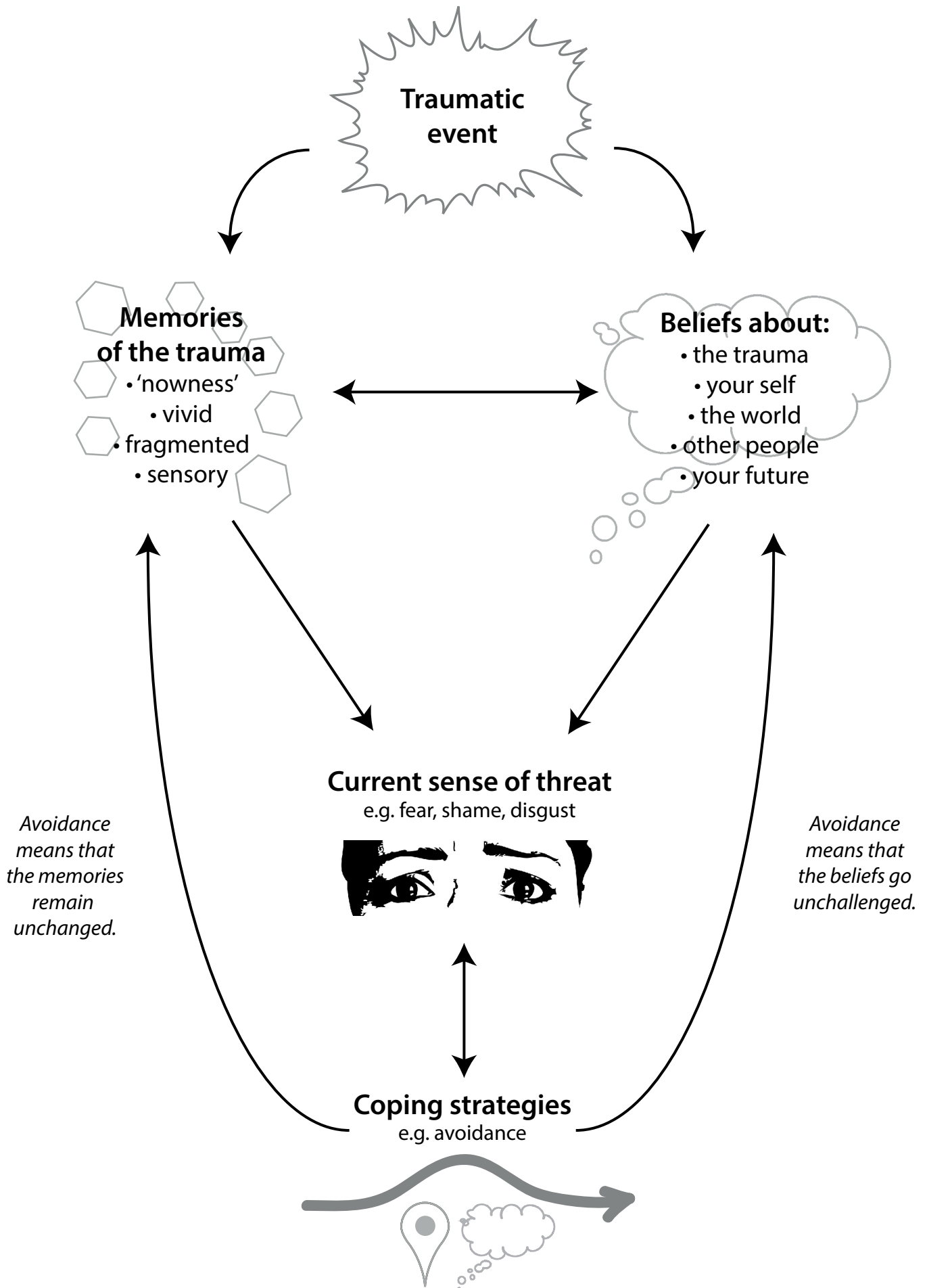
## References

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Ehlers, A., Clark, D. M. (2000). A cognitive model of posttraumatic stress disorder. *Behaviour Research and Therapy*, 38, 319-345.

Whalley, M. G. (2018). *Psychology tools for overcoming post-traumatic stress disorder (PTSD)*. Psychology Tools.

# Understanding Post-Traumatic Stress Disorder (PTSD)



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Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



## Resource details

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