

Treatment of Complex PTSD within an Integrative Approach – PBSP as a Starting Point of Treatment Decisions

Mona Pillmann, M.S.

Workshop (optional)

Saturday, 28 September 2019, 2:00 p.m. – 3:30 p.m.

Clinicians know that it is a challenge to work with clients suffering from developmental / chronic trauma which started in childhood (Type B Trauma).

My experience as an outpatient behavioral therapist taught me that one single treatment approach is not enough – of the many which were developed for trauma within the last century, especially the last two decades. Since treatment of developmental trauma takes often more than three years, for example eight to twelve years, I have combined therapeutic methods. PBSP is usually the starting point of every psychotherapeutic treatment and case design.

In my contribution I want to show in a short lecture how to use PBSP as a core in treatment and in a wider context with different treatment options such as cognitive behavior therapy (Aaron Beck), body psychotherapy, creative therapy (Grabbeau and Visser, NL), EMDR (Francine Shapiro), schema-therapy (Jeffrey Young), ego-state-therapy (Jack and Helen Watkins), somatic experiencing (Peter Levine) and inner family system (Richard Schwarz).

In this workshop I'll explain the development of the case concept for complex PTSD, the practical work, my setting, and combination group / single therapy using these two examples:

- A case study of a client (ICD-10: F62.0) prolonged personality disorder after extreme stress
- The development of a special group therapy approach will be explained, and suggestions for common therapeutic work with patients will be discussed.

Lecture with visualization, discussion, group work, practical exercises.

Mona Pillmann, M.S. (DE)



Mona T. Pillmann is a psychologist and psychotherapist with own practice since 2012 in Karlsruhe / Freiburg, Germany. She is also a peer advisor, lecturer and trainer. Clinical-scientific assistant as psychological psychotherapist and creative therapist at a specialty clinic for psychosomatics (2006–2011). Research assistant at the University of Freiburg – Departments of Psychiatry, Psychotherapy and Psychosomatics with adults, children and adolescents (2005–2015). Thesis on the development and evaluation of a group manual for the integration of schema therapy and body psychotherapy using the example of depressive disorders (2014). Study of psychology at the universities of Mannheim / Freiburg (2006). First degree program in creative therapy (focus on dance and movement, sports & games), Hochschule Limburg Sittard, Netherlands (1996). State-certified farmer (1992).