

# *PTDS between diagnosis and therapy in Arab society*

Mahmud said, PhD

Clinical & Educational  
Psychologist

PTDS between diagnosis  
and therapy in Arab society



# Theories and techniques

- 1) Traumatic Incident Reduction – Frank Gerbode. ✨
- 2) Prolonged Exposure – Barbara Rothbaum & Edna Foa. ✨
- 3) Eye Movement Desensitization Reprocesses – Francine Shapiro. ✨
- 4) Somatic Experiencing – Peter Levin. ✨
- 5) Narrative Exposure Therapy ✨

# Diagnosis -DSM-5 Criteria for PTSD

In 2013, the American Psychiatric Association revised the PTSD diagnostic criteria in the fifth edition of its Diagnostic and Statistical Manual of Mental Disorders (DSM-5) (1). The diagnostic criteria are specified below.

# Diagnosis -DSM-5 Criteria for PTSD

## Criterion A: stressor

The person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, as follows: (one required)

Direct exposure. 1.

# Diagnosis -DSM-5 Criteria for PTSD

Witnessing, in person. 2. ✨

Indirectly, by learning that a 3. ✨  
close relative or close friend  
was exposed to trauma. If the  
event involved actual or  
threatened death, it must have  
been violent or accidental.

# Diagnosis -DSM-5 Criteria for PTSD

Repeated or extreme indirect 4. ✨ exposure to aversive details of the event(s), usually in the course of professional duties (e.g., first responders, collecting body parts; professionals repeatedly exposed to details of child abuse). This does not include indirect non-professional exposure through electronic media, television, movies, or pictures.

stressor



# Diagnosis -DSM-5 Criteria for PTSD

Criterion B: intrusion symptoms \*

The traumatic event is persistently re- \*  
experienced in the following way(s): (one  
required)

Recurrent, involuntary, and intrusive 1. \*  
memories. Note: Children older than six  
may express this symptom in repetitive  
play.

Traumatic nightmares. Note: Children 2. \*  
may have frightening dreams without  
content related to the trauma(s).

# Diagnosis -DSM-5 Criteria for PTSD

Dissociative reactions (e.g., 3. ✨  
flashbacks) which may occur on a  
continuum from brief episodes to  
complete loss of consciousness. Note:  
Children may reenact the event in play.

Intense or prolonged distress after 4. ✨  
exposure to traumatic reminders.

Marked physiologic reactivity after 5. ✨  
exposure to trauma-related stimuli.

# intrusion symptoms



# Diagnosis -DSM-5 Criteria for PTSD

## Criterion C: avoidance

Persistent effortful avoidance of  distressing trauma-related stimuli after the event: (one required)

Trauma-related thoughts or 1.   
feelings.

Trauma-related external reminders 2.   
(e.g., people, places, conversations,  
activities, objects, or situations).

avoidance



# Diagnosis -DSM-5 Criteria for PTSD

Criterion D: negative alterations in   
cognitions and mood

Negative alterations in cognitions and   
mood that began or worsened after the  
traumatic event: (two required)

# Diagnosis -DSM-5 Criteria for PTSD

Inability to recall key features of the traumatic event (usually dissociative amnesia; not due to head injury, alcohol, or drugs). 1. ✨

Persistent (and often distorted) negative beliefs and expectations about oneself or the world (e.g., "I am bad," "The world is completely dangerous"). 2. ✨

Persistent distorted blame of self or others for causing the traumatic event or for resulting consequences. 3. ✨

Persistent negative trauma-related emotions (e.g., fear, horror, anger, guilt, or shame). 4. ✨

# Diagnosis -DSM-5 Criteria for PTSD

Markedly diminished interest in (pre- 5. ✨  
traumatic) significant activities.

Feeling alienated from others (e.g., 6. ✨  
detachment or estrangement).

Constricted affect: persistent inability 7. ✨  
to experience positive emotions.

# negative alterations in cognitions and mood



# Diagnosis -DSM-5 Criteria for PTSD

Criterion E: alterations in arousal and reactivity \*

Trauma-related alterations in arousal and reactivity that began or worsened after the traumatic event: (two required) \*

Irritable or aggressive behavior 1. \*

Self-destructive or reckless behavior 2. \*

Hypervigilance 3. \*

Exaggerated startle response 4. \*

Problems in concentration 5. \*

Sleep disturbance 6. \*

# alterations in arousal and reactivity



# Diagnosis -DSM-5 Criteria for PTSD

## **Criterion F: duration** ✨

Persistence of symptoms (in Criteria B, C, D, and E) for more than one month. ✨

## **Criterion G: functional significance** ✨

Significant symptom-related distress or functional impairment (e.g., social, occupational). ✨

# Duration



# Diagnosis -DSM-5 Criteria for PTSD

Criterion H: exclusion 

Specify if: With dissociative   
symptoms.

In addition to meeting criteria for   
diagnosis, an individual  
experiences high levels of either of  
the following in reaction to trauma-  
related stimuli:

# Diagnosis -DSM-5 Criteria for PTSD

Depersonalization: experience of 1.   
being an outside observer of or  
detached from oneself (e.g., feeling as if  
"this is not happening to me" or one  
were in a dream).

Derealization: experience of 2.   
unreality, distance, or distortion (e.g.,  
"things are not real").

# Derealization

# Depersonalization



# Diagnosis -DSM-5 Criteria for PTSD

Specify if: With delayed expression. ✨

Full diagnosis is not met until at least six ✨  
months after the trauma(s), although  
onset of symptoms may occur  
immediately.

## References ✨

American Psychiatric Association. 1. ✨  
(2013) Diagnostic and statistical manual  
of mental disorders, (5th ed.).  
Washington, DC: Author.

# Treatment law

Avoidance = Disturb ✨

Avoidance = Maintenance of ✨  
symptoms and disturb

Exposure = Therapy and liberation of all ✨  
symptoms

# Techniques Treatment

## Prolonged Exposure

Barbara 

Rothbaum, PhD



Edna Foa, PhD 



# EMDR

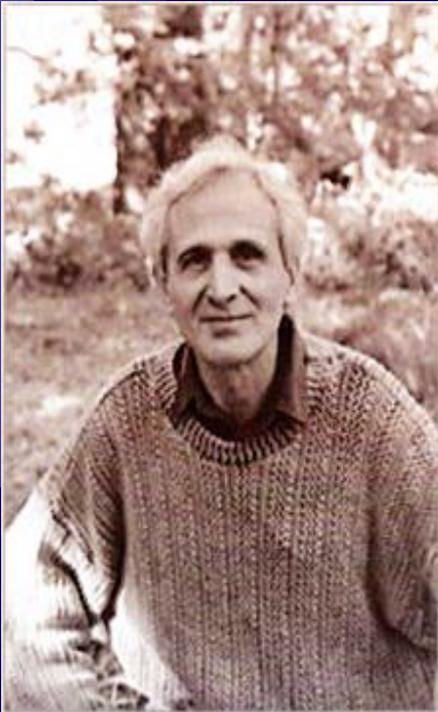
Eye Movement Desensitization ✨  
Reprocesses

Francine Shapiro, PhD ✨



# Somatic Experiencing

Peter Levin, PhD ✨

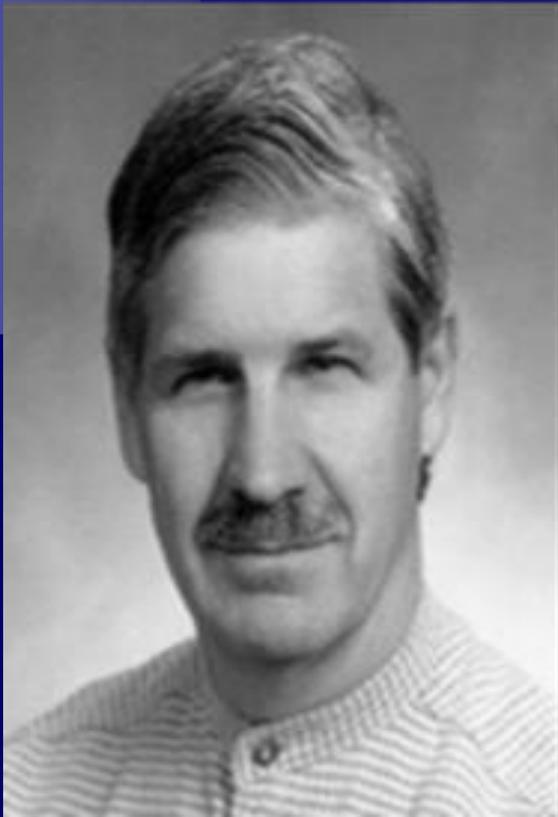


Peter A. Levine, Ph.D.

# TIR

Traumatic Incident Reduction – ✨

Frank Gerbode ✨



# TIR

1. Intake ✨
2. Unblocking ✨
3. Basic tir ✨
4. Thematic tir ✨

# TIR - Unblocking, List of Mental Blocks

تبدأ في القول " بالنسبة لموضوع .....

- 1) شيء ما تم كبتة أو إخفاؤه؟! \*
- 2) شيء ما تم التقليل من شأنه؟! \*
- 3) شيء ما تم تقييمه؟! \*
- 4) شيء ما تم دفعه في اتجاه يتوجب عليك الحذر منه؟! \*
- 5) شيء ما كنت ضده؟! \*
- 6) شيء ما تم ارتيابه أو الخوف منه, مثل شخص أو شيء ما؟! \*
- 7) شيء ما لم يتم التعبير عنه؟! \*
- 8) شخص ما اتهمك بشيء ما (أو بعمل ما)؟! \*
- 9) شيء ما أقلقك؟! \*
- 10) شيء ما تم تغييره؟! \*

# TIR - Unblocking, List of Mental Blocks

- 11) هل كان هناك خطأ ما؟! \*
- 12) شيء ما لم يتم فهمه؟! \*
- 13) هل كان هناك احتجاج؟! \*
- 14) هل كانت هناك خسارة معينة؟! \*
- 15) هل كانت هناك مشكلة أو معضلة؟! \*
- 16) هل شعرت أنك محطّم؟! \*
- شيء ما تم تجاهله؟! \*
- 18) شيء ما تم الاحتفاظ به؟! \*
- 19) هل كانت هناك نصيحة؟! \*
- 20) هل كان هناك تأكيد؟! \*
- 21) هل كان هناك اتفاق؟! \*

# TIR - Unblocking, List of Mental Blocks

22 ✨ (شيء ما تم الإكراه عليه؟)

23 ✨ (هل كان هناك عدم اتفاق؟!)

24 ✨ (شيء ما تم تقريره؟!)

25 ✨ (شيء ما تم تجاهله؟!)