

# Successful PTSD Treatment Using a Prolonged Exposure “Battlefield Variant”

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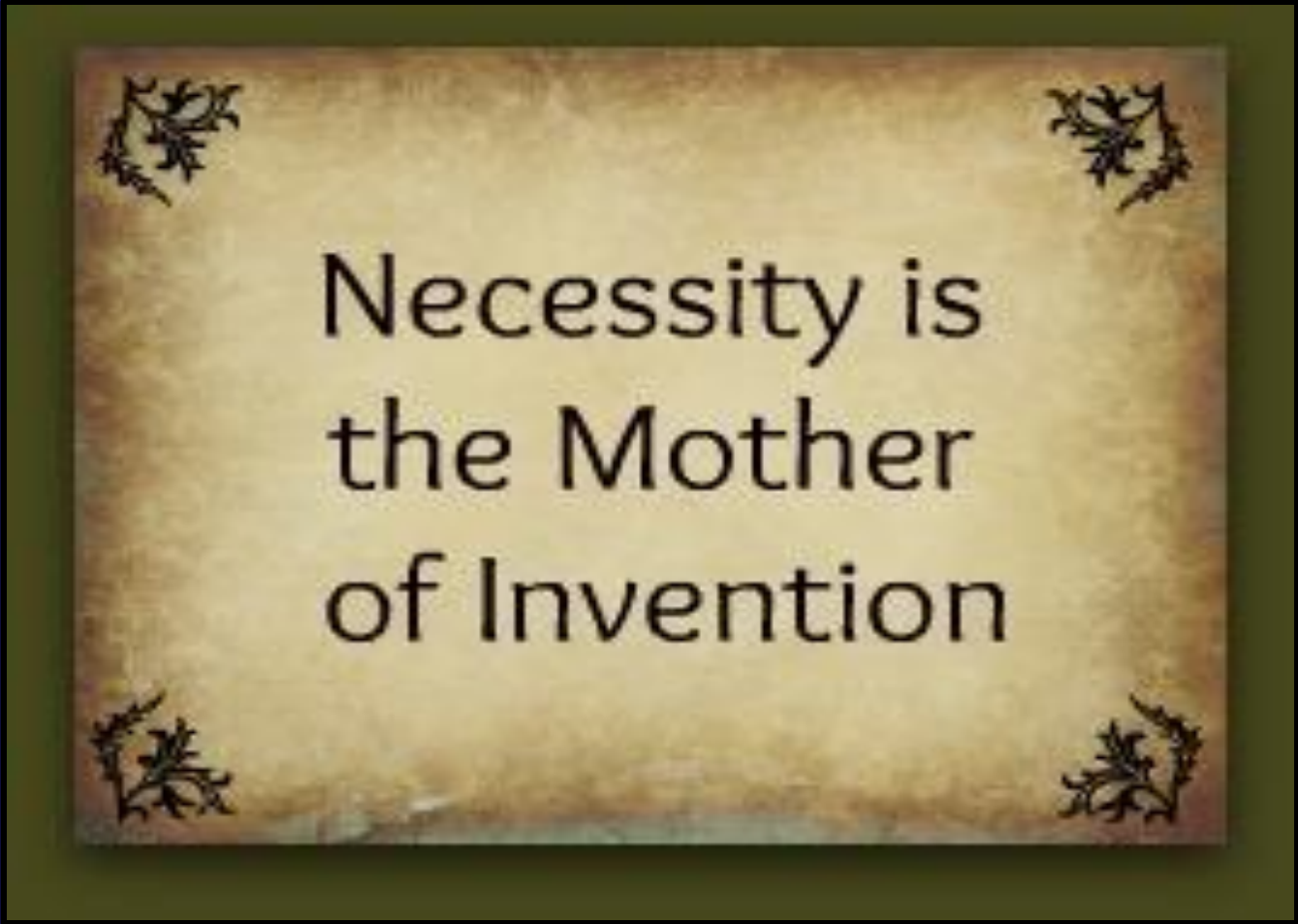
West TX VA Health Care System

31 Jul 2016

# Disclaimer

The views expressed in this presentation are my own and do not purport to represent those of the Department of Defense or the Department of Veterans Affairs.

# When Deployed...



Necessity is  
the Mother  
of Invention

# Top Five Medical Innovations



## 1. Near-Human Prosthetics

<http://armylive.dodlive.mil/index.php/2012/02/top-5-army-medical-innovations-in-honor-of-national-patient-recognition-day/>

# Top Five Medical Innovations



## 2. Blood-Clotting Bandages

# Top Five Medical Innovations



## 3. One-Handed Tourniquets

# Top Five Medical Innovations

**U.S. ARMY MEDICAL DEPARTMENT**  
**BROOKE ARMY MEDICAL CENTER**

## 4. Better Burn Care

# Top Five Medical Innovations

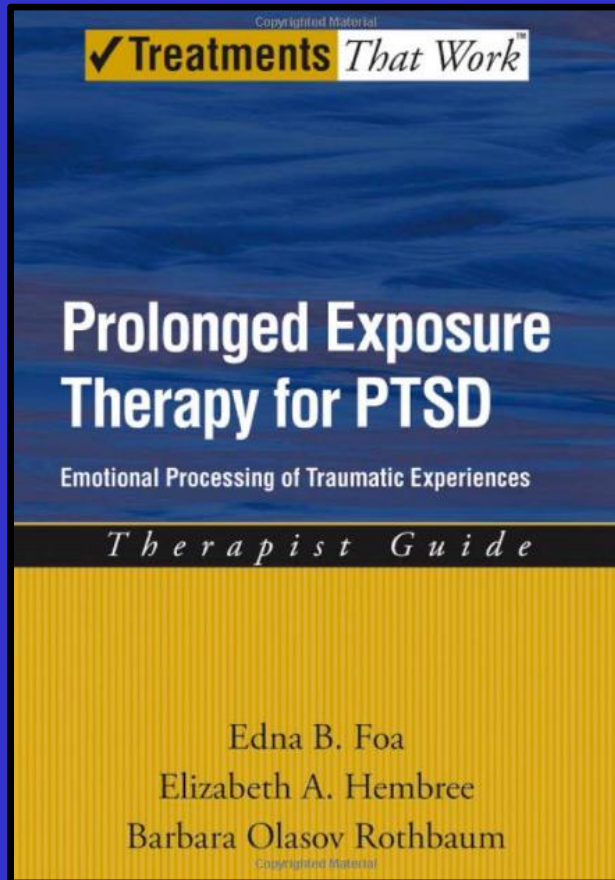


## 5. TBI and Behavioral Health Treatment

# 2007-2008



# 2007-2008 Training



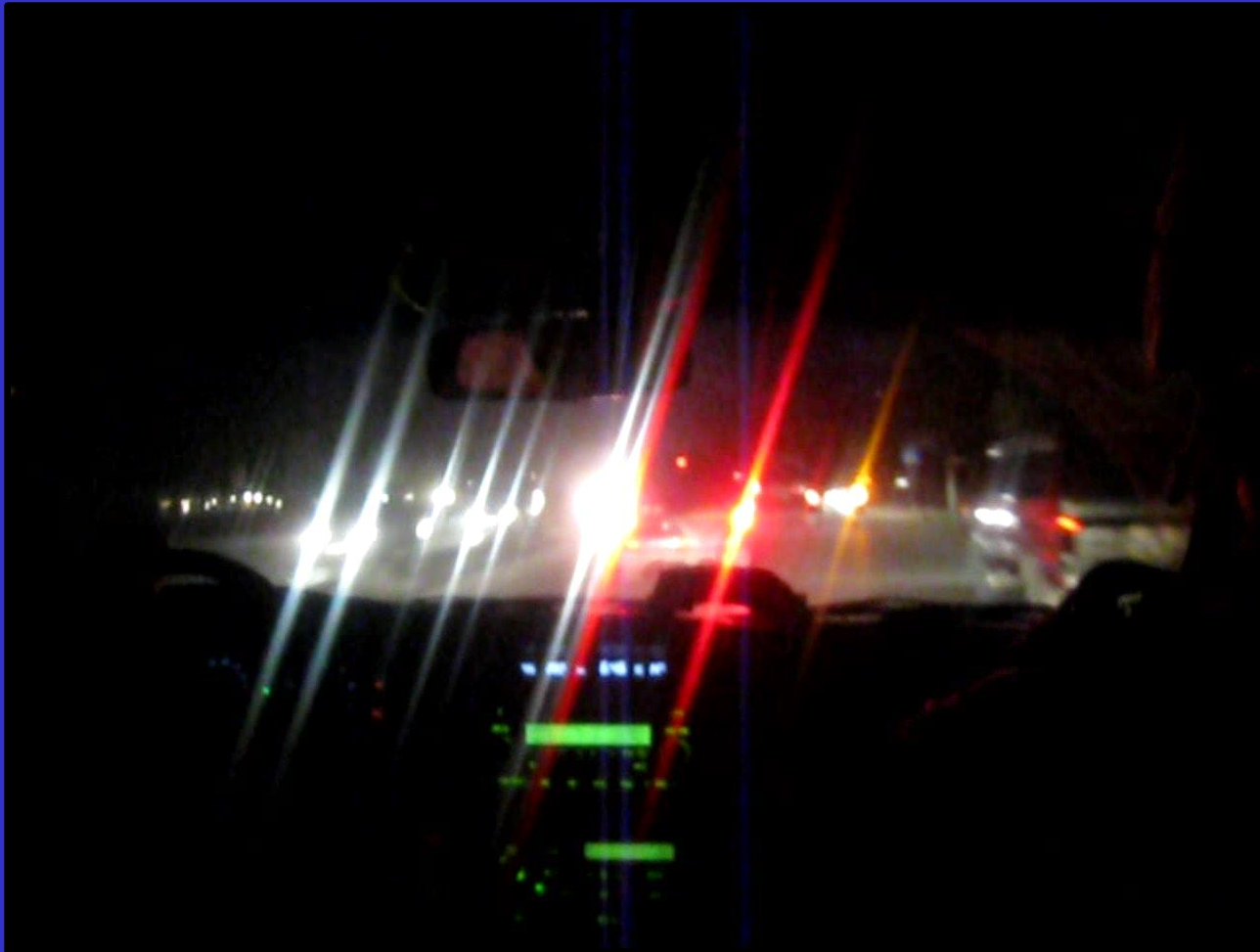
# 2007-2008 SERE



# 2007-2008 Kabul Embassy Request



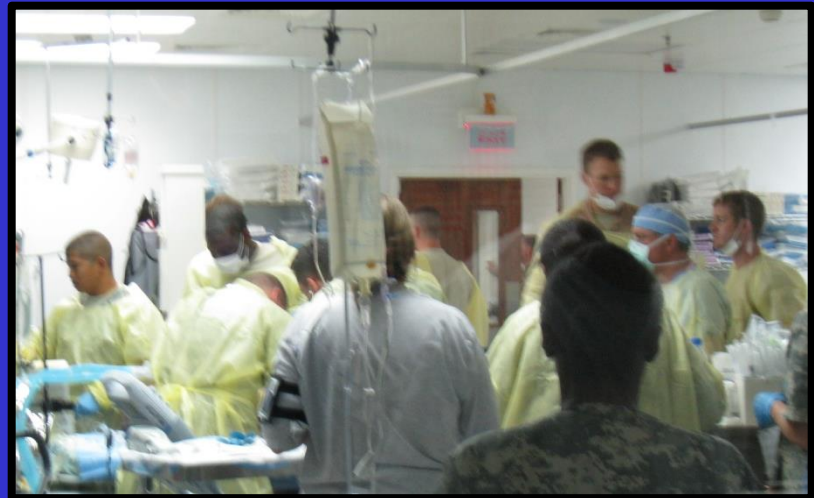
# 2007-2008 Airport to Camp Eggars



# Resiliency



# Craig Hospital, Bagram Air Field



# Afghanistan Travel Options



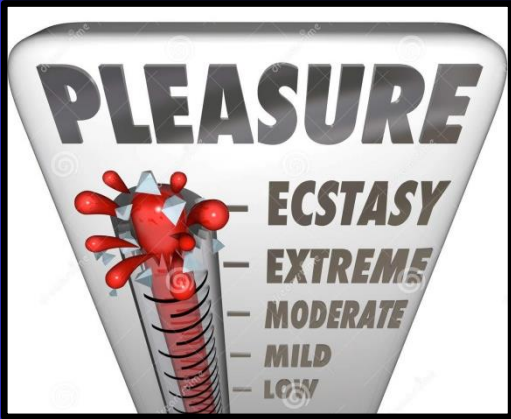
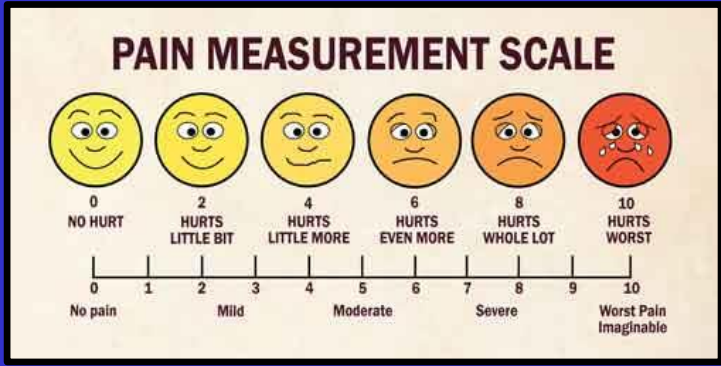
# Ethical Dilemma

**Treatment-Failure**



**Access Denied**  
**DI - Yourself**

# Psychophysiology of Chronic Pain



*LOSS OF CONTROL*



**Withdrawing**

**Suffering**



# Psychophysiology of PTSD



**Withdrawing**

*LOSS OF  
CONTROL*

**Suffering**

# What I Needed in Afghanistan

- Traumatic memory management skills
- Hope, self-efficacy & empowerment
- Ability to continue TX autonomously

**YIKES!**

# Components of Manualized PE

- Education
- Imaginal Re-Exposure, ~~Index~~ Trauma
- SUDS
- Story Hierarchy
- ~~*In Vivo* Exposure~~
- ~~Relaxation Training~~

# Persistent Avoidance

From the moment I  
first saw you, I knew  
I wanted to spend  
the rest of my life  
avoiding you.



your  cards  
someecards.com

# Components of the PE “Battlefield Variant” (Changes to Foa in *Italics*)

- Education
- Imaginal Re-Exposure, *Lowest* Trauma
- SUDS
- Story Hierarchy
- *Written Exposure Homework*

# Three “Battlefield Variant” Phases

## Phase 1 (Pre-Session)

- Assessment
- View Educational Presentation

## Phase 2 (Session)

- SUDS + Story Hierarchy
- Imaginal Re-Exposure

## Phase 3 (Post-Session)

- Written Homework
- PRN Follow-up

# Psychotherapy Relationships & Treatment Adaptations That Work: *Evidence-Based Responsiveness*

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**John C. Norcross, PhD**



\*Presentation slides used with permission, 13 Nov 2015



# APA Definition of EBPs

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*Evidence-based practice in psychology (EBPP) is the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences.*

[www.apa.org/practice/ebp.html](http://www.apa.org/practice/ebp.html) or May 2006  
*American Psychologist*

# Why Do I Recommend It?

- PE Theory Empirically Validated
- Brief
- Simple to Train Other Therapists
- Easier on Patients/Therapists

# Why Do I Recommend It?

- Patient-Centric
- Low Drop-Out Rates
- Generalization Up
- Most Efficacious with Sickest Pts

# My Contact Information

Want access to my materials online, or want to attend a live workshop?

Email to: [MKMooreTX@AOL.COM](mailto:MKMooreTX@AOL.COM)

Subject Line: PTSD Workshop

If you're interested in collaborating on a research study, please contact me.