

Terapia poznawcza poczucia winy związanego z traumą u osób z PTSD

Cognitive therapy of trauma related guilt in patients with PTSD

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Summary

Various aspects of guilt are frequent problems of patients suffering from PTSD, though they have been included into the diagnostic criteria for PTSD just in the present version DSM-5. Some studies indicate limitation of effectiveness of exposure therapy in PTSD patients with predominant emotions of anger or guilt. The aim of this paper is to present cognitive conceptualization of guilt in PTSD proposed by Kubany, and a treatment protocol resulting from this conceptualization. The clinical application of the protocol is illustrated with preliminary results of systematic observation of 8 patients with moderate to severe PTSD who were treated with cognitive therapy for guilt followed by a standard prolonged exposure protocol. The cognitive therapy of guilt can be a valuable supplement for treatment of PTSD. This protocol can also be an inspiration for therapists working with patients with dysfunctional guilt as a problem in other than PTSD disorders – like depression or adjustment disorders. In discussion the place of guilt in treatment according to different (PE-Foa et al.; CPT-Resick et al.; CT-Ehlers and Clark) trauma focused therapy approaches is addressed, and the need for further studies is underlined.

Słowa klucze: PTSD, wina, trauma, terapia poznawcza, przedłużona ekspozycja

Key words: PTSD, guilt, trauma, cognitive therapy, prolonged exposure

Wstęp

W kolejnych wersjach klasyfikacji DSM pourazowe zaburzenie stresowe (PTSD) było konsekwentnie włączane do zaburzeń lękowych [1, 2]. Można to uznać za od-

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