

3rd International Conference on

Depression, Anxiety and Stress Management

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The international association for rewind trauma therapy

PTSD therapy: Currently in the UK NICE guidelines approve two CBT therapies, TF-CBT and EMDR. Both are considered variations of cognitive therapy can involve up to twenty sessions and carry a success rate around 40%. The rewind technique, in clinical use since 1991, contrary to the above, provides rapid, effective (95% success rate), enduring closure rather than coping mechanisms or so called significant improvement in just two to three sessions. Furthermore, it is the only treatment shown to be effective for group therapy of any size and greatly minimizes the risk of compassion fatigue. The workshop will identify those traumatized directly and those traumatized indirectly. Everyone willing to experience the treatment will be treated, prior to completing the IES. At the end of the workshop the rewind manual, IES, and role play reminder will be provided.

Biography

David Muss has done his Medical Training in Italy in the year 1968 and obtained his Medical Degree in 1977. He is the Director of the BMI PTSD Unit since 1989. He has published a new technique for treating PTSD in 1991 i.e., Rewind Technique for PTSD and founded the International Association for Rewind Therapy. He has contributed to various books, published the first PTSD self-help book in the UK and has many papers published in peer reviewed journal.

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