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Preliminary study of a new integrative approach in treating post-traumatic stress disorder: SEE FAR CBT

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Abstract

SEE FAR CBT is a suggested new protocol for the treatment of anxiety disorders and post-traumatic stress disorder (PTSD) using creative form treatment based on empowerment through fantastic reality. The model emphasizes the role of fantastic reality and the use of imaginal re-narration of the traumatic event with the use of cards as a means of externalization or distancing. The treatment protocol incorporates methods of somatic memory reduction as well as CBT elements. The main objective of this study was to introduce the model and test the therapeutic efficacy of this new integrative therapeutic approach by comparing it to a well-established treatment approach; eye movement desensitization and reprocessing (EMDR). Adult PTSD patients, divided into EMDR ($n = 12$) and SEE FAR CBT ($n = 9$) groups, were assessed for traumatic symptoms at three time intervals (pre-treatment, post-

treatment and 1-year follow-up). Both EMDR and SEE FAR CBT were associated with effective alleviation of traumatic symptoms, showing statistically significant decreases in their trauma symptoms over time but not differing in treatment efficacy during any of the assessment times. With some methodological limitations, results suggest further inquiry of the proposed model in clinical and experimental settings.

Research highlights

• Significant reduction in post-traumatic symptoms was found in both SEE FAR CBT and EMDR participants. • SEE FAR CBT is an effective approach in treating PTSD cluster symptoms for adults. • SEE FAR CBT and EMDR equally showed reduction of overall post-traumatic symptoms over a 1-year period.



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Keywords

SEE FAR CBT; PTSD; Treatment; Fantastic reality, Cognitive behavioral therapy

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