

*Legitimizing Abortion as a Trauma:  
Applying Evidenced Based Practice in Counseling*

*After Choice Symposium*

*November 8, 2014*

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*A Little Education  
The Brain*

- *Prefrontal Cortex or Left Brain: Executive functioning, rational part of brain*
- *Right Brain: Emotions and creativity*
- *Limbic System: Fight or Flight*
- *Brain Stem: Movement, Breathing and Heart Rate*

- *Treatment begins from the brain stem up in trauma work*

*A Little Education: Psychological Theory  
Drives my Assessment and Work*

- *Person Centered Theory*
- *Psychodynamic Theory*
- *Behaviorism*
- *Social learning and social psychology*
- *Attachment Theory*

- *Cognitive Behavioral Theory*
- *Family Systems Theory*
- *Emotionally Focused Couples Theory*
- *Mindfulness and Neurobiology*
- *Psychodrama*
- *Somatic Experiencing*

*A Little Education: What is PTSD?*

- *Post Traumatic Stress Disorder*
- *Mental health condition*
- *Exposure to a traumatic event which involved actual or threatened death or serious injury and the person's response involved intense fear or helplessness*
- *increased arousal/hypervigilance*
- *intrusive thoughts/triggers come from repressed/suppressed/dissociated unconscious/subconscious traumatic memories*
- *Numbing of emotions/avoidance*

### *A Little Education: What is PTSD?*

- 7% of Americans have had or will have PTSD (Kessler, 1995)
- Approx 8% of men and 20% of women who are exposed to trauma in general experience PTSD (National Center for PTSD, 2006)
- in men, most often triggered from physical abuse or witness to domestic violence
- in women most often triggered from sexual abuse
- The lifetime prevalence of PTSD for women who have been sexually assaulted is 50%  
Creamer M, Burgess P, McFarlane AC. Post-traumatic stress disorder: Findings from the Australian National Survey of Mental Health and Well-being. *Psychol Med.* 2001;31(7):1237—1247.
- Approx 20% of women who have had abortions meet the full criteria for PTSD (Barnard, 1990)
- Factors that contribute to risk of PTSD, immobilization and Fear (Lerine, 2010)

### *The Prevalence of Trauma in General*

- 61% of men and 51% women have experienced one traumatic event in their lifetime
- 10% of men and 6% of women reported experiencing four or more types of trauma
- Kessler, 1995

### *The Trauma of "Choice"*

*What Happen?*

*"How Did I/our Country Ever Get to the Place  
Where I/we Could Make This Decision?"*

- *Social Psychology/Psychological Theory*
- *Previous Trauma and the Trauma of "Choice"*
- *Attachment Theory and Getting You to the Abortion Clinic*
- *Normalization (a wonderful way of diminishing guilt and shame enough to go against your own sense of morality)*
- *Defense Mechanisms*

*Abortion: One Big Psycho/Social Experiment*

*The Psycho/Social Theory of  
Abortion in our Culture: How We/You Got There*

- *Social psychology*  
*Social Experiments*  
*Obedience to Authority: The Stanley Milgram Experiment*  
*Obedience to a Role: The Stanford Prison Experiment*  
*Conformity: The Asch Experiment*  
*Observational Role Learning: Bobo Doll Experiment*
- *Psychological theory:*
- *Behaviorism: Conditioning and desensitization*

*Video*

*Milgram Obedience Study*

*Ted Bundy*

*Which Psycho/Social Theory Could Apply?  
The Psycho/Social Theory of  
Abortion in our Culture: How We/You Got There*

- *Social psychology*  
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*Obedience to Authority: The Stanley Milgram Experiment*  
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- *Psychological theory:*
- *Behaviorism: Conditioning and desensitization*

*Video Games and War*  
*Which Psych/Social Theory Could Apply?  
The Psycho/Social Theory of  
Abortion in our Culture: How We/You Got There*

- *Social psychology*  
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*Obedience to Authority: The Stanley Milgram Experiment*  
*Obedience to a Role: The Stanford Prison Experiment*  
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- *Psychological theory:*
- *Behaviorism: Conditioning and desensitization*

Abortion Doctors and Nurses  
Which Psych/Social Theory Could Apply?  
The Psycho/Social Theory of  
Abortion in our Culture; How We/You Got There

- *Social psychology*  
*Social Experiments*  
Obedience to Authority; The Stanley Milgram Experiment  
Obedience to a Role; The Stanford Prison Experiment  
Conformity; The Asch Experiment  
Observational Role Learning; Bobo Doll Experiment
- *Psychological theory;*
- *Behaviorism; Conditioning and desensitization*

Preexisting Trauma and Current Trauma Affects the "Choice"

- Many women and men have experienced previous trauma as a child and that trauma has a direct impact on their ability to make a *rational* decision upon finding out they are or their partner is pregnant. Their response is often a *limbic system* response rooted in and often triggering past fears and attachment belief systems that are often unconscious. Rational prefrontal cortex kicks post abortion, as a result feelings of regret hit. The relief stage is ever so brief for the limbic angst. Both men *and* women often ask, "*How can I have done this?*"

Video

Former Abortion Provider Clinic Operator Speaks

Carol Everett

## *Trauma at the Choice? You Judge*

- *"The moment when a woman looks down and sees those two pink lines and she's not expecting to see them, it's like time implodes and explodes simultaneously. You're caught in this tornado that just sucks out all the breath in your lungs."*
- *"It will always be a special memory for me, I still have my sonogram, and if my apartment were to catch fire, it would be the first thing I'd grab."*
- *Emily Letts*
- *Filmed her own abortion*  
*Trauma, the impact on the brain, and Brain Development for Women and Men*
- *Women in their 20s account for more than half of all abortions; Women aged 20—24 obtain 33% of all abortions, and women aged 25—29 obtain 24%.*  
*Jones RK, Finer LB and Singh S, New York: Guttmacher Institute, 2010.*

*Prefrontal cortex not fully developed to age 25! How can a woman and a man be expected to make a rational decision? So much for parental consent.*

*Recent Letter to Yahoo*

*Attachment Theory and The Abortion Clinic. What do you Mean?*

*What is Attachment Theory?*

- *Originated with John Bowlby*
- *Impact that parental separation had on children*
- *Caregivers are not interchangeable*
- *Studied orphanages*
- *Mary Ainsworth: The Strange Situation*

How child would respond to mother leaving

### Adult Romantic Relationships

- Bowlby believed "cradle to grave"
- Hazan and Shaver (1987): First researchers to explore Bowlby's ideas in the context of romantic relationships
- Adult romantic relationships are like infant caregiver relationships in terms of behaviors, attachment stages etc.
- Child attachment styles are replicated in adulthood with spouse
- Wounded in relationship and can heal in relationship

### Attachment Styles

- **Secure Attachment Style:** "I can count on you to be there for me when I need you. I am lovable and able to elicit caring."
- **Anxious Ambivalent Attachment Style:** "Sometimes I can count on you but sometimes I can't. I don't know if I can trust you. Am I lovable?" Under regulate feelings
- **Avoidant Attachment Style:** "I can't count on you. I can't trust you. I don't need you." Over regulate feelings

### Internal Working Model of

### How to do Relationships is Formed Early

- Am I lovable and worthy? Can I get the love that I need from other people?
- Will you be there for me? Can I trust you when I need you in times of stress? Are relationships safe?
- Labeling internal world = empathy

- Regulation of emotions through sympathetic (dads) and parasympathetic (moms) nervous system
- Impulse Control/Delay of Gratification

*Unconscious Attachment Belief Systems  
at the time of the Abortion Decision*

- Am I lovable?
- Can I trust you to be there for me?
- Shattered
- Can retrigger old trauma and confirm attachment belief systems
- Unconsciously the partner can become the abuser
- Breeds trauma between genders with abortion at the forefront

*The Unconscious*

*"The security of attachment is often determined in the first few years of a child's life. This is often before words. What this means is attachment responses are often not conscious. The reactions in the brain come from a place prior to memory. This is why it is so critical to understand the effect of early attachment trauma and its effect on the choice to abort, the effect on the relationship, the attachment trauma between the genders in our culture, and the healing process that will need to take place on an attachment level in relationships and the world."*

*Greg Hasek*

*Planned Parenthood and the Lure of Attachment During  
the Trauma of "Choice"*

*National Abortion Federation*

*What is Needed at an Attachment Level to Soothe?*

*Like a Child is Being Soothed by a Parent*

- *Mirroring*
- *Validation*
- *Empathy*

- *If they don't get it from parents, church etc. They will get it there at the clinic!*  
*How Can we use the Knowledge of the Limbic System*  
*and Attachment Theory to Prevent Abortion in the "Choice"?*  
*Normalization and Globalization*  
*at the Abortion Clinic*

- *Provides connection as a support group would*

- *One of Irvin Yalom's curative factors of group therapy is Universality. "We are not alone in our problem"*

- *They always use this quote, "Abortions are very common. In fact, 3 out of 10 women in the U.S. have an abortion by the time they are 45 years old." - See more at:*  
<http://www.plannedparenthood.org/health-info/abortion/#sthash.KLK8xo8k.dpuf>

*Does This Sound Familiar?*  
*Sound Like a Support Group to you?*

- *Sharing your story is a powerful way to speak out for choice. Your story can also bring about real change. It can inspire another person to speak out, and it could even help pass a pro-choice bill.*

- *From NARAL Pro-Choice America*

*Does This Look Familiar*  
*Sound Like a Chess Game?*

- "One out of three women end up getting an abortion in their lifetime, it's so common, yet women so often feel alone and vulnerable. This is culturally and politically created. At Early Options, we try to 'normalize' the experience, it's a simple procedure, in a regular doctor's office. While it's normal to feel emotional, it is also possible to feel good about your decision and your experience."
- - Dr. Joan Fleischman
- Early Options, Sof Touch Method

*Obvious Child: A Recent Attempt at Normalization  
in our Society Through a Movie  
Abortion: Normalized Abuse in our Society?  
Which Theory Does This Fit?*

*"Normative abuse occurs when parental instinct and empathy are replaced by cultural norms"*  
Walant, K., 1997

- Diminished because it fits into society's expectations
- Future cultures look back in disbelief
- Examples: abortion (subconscious parallels to rape and sex abuse), children's exposure to pornography average age of 9 etc.
- "It's taboo in our society to discuss abortion on anything less than a political level, but I know the truth. Someone close to each and every one of us has had an abortion. The experience is common, but I do not believe it is taken lightly. Women who have exercised their right to choose never

forget."

Susan Wickund, *This Common Secret: My Journey as an Abortion Doctor*

- "They all say choice, choice my freedom to choose. Every generation of Americans need to know that freedom doesn't exist in order for you to do what you like, but having the right to do what you ought."
- "Our democracy can not be sustained without a shared commitment to certain moral truths about the human person and community"

- Jim Cariezel who played Jesus in the movie  
*The Passion*

*The Role of Defense Mechanisms as Individuals and as a Country*

- Rationalization

- Repression

- Denial

- Minimization

- Avoidance

*When do we as individuals and as a Country Break When They no Longer Work? Similar to the Reality of the Holocaust?*

## *Barriers to Legitimizing Abortion as a Trauma*

- *Political*
  - *History of Pro life vs Pro choice debate*
  - *Perception as a religious /moral issue*
  - *Psychological /psychiatric community*
  - *Historic trauma between the genders*
  - *Who has and how has post abortion issues been treated in the past*
  - *Medical community*
  - *Legal community and laws*
  - *Social and cultural conditioning*
  - *Feminism and women's rights*
- "Every barrier on this list would be threatened if abortion could be proven to be a legitimate trauma"*

*"The systematic study of psychological trauma is dependent on the support of a political movement,"*

*Judith Herman, Author*

*Trauma and Recovery*

## *Post Abortion Syndrome*

- *Dr Vincent Rue (1981) provided first clinical evidence of post abortion trauma*
- *Testimony before congress*
- *Suggested the term Post Abortion Syndrome*

- *Similar to Post Traumatic Stress Disorder but specific for abortion*
- *"Post-abortion syndrome" has not found widespread acceptance outside the pro-life community*
- *Cynthia L. Cooper of Ms. Magazine says, "It's a made-up term." Cooper wrote that PAS is "not recognized as an official syndrome or diagnosis by the American Psychiatric Association, the American Psychological Association, or any other mainstream authority, it is a bogus affliction invented by the religious right"*

#### *National Abortion Federation*

- *Since the early 1980s, groups opposed to abortion have attempted to document the existence of "post-abortion syndrome," which they claim has traits similar to post-traumatic stress disorder (PTSD) demonstrated by some war veterans. In 1989, the American Psychological Association (APA) convened a panel of psychologists with extensive experience in this field to review the data. They reported that the studies with the most scientifically rigorous research designs consistently found no trace of "post-abortion syndrome" and furthermore, that no such syndrome is scientifically or medically recognized.<sup>1</sup>*

#### *A Brief Look at the Research Debate Back and Forth We Go! The American Psychological Association*

- *The best scientific evidence published indicates that among adult women who have an unplanned pregnancy the relative risk of mental health problems is no greater if they have a single elective first-trimester abortion than if they deliver an unplanned pregnancy.*
- *APA Task Force on Mental Health and Abortion, (2008), Report of the APA Task Force on Mental Health and Abortion, Washington, DC; Author*

*Brenda Major*

*Chair of the APA Task Force on  
Abortion and Mental Health 2008*

- *Member of the APA "Society for the Psychology of Women"*
- *Advisor to the post-abortion counseling group called Exhale*
- *She has refused to allow other researchers to examine her data despite accusations that she has misrepresented and selectively reported her findings*

*Curriculum Vitae Brenda Major, Ph.D.*

*Researcher: APA Chair Withholding Info on Abortion's Mental Health Risks*

*LifeNews.com August 15, 2008*

*"The opinion piece by Brenda Major following on the heels of the highly biased APA report is just the latest effort to divert attention from a tidal wave of sound published data on the emotional consequences of abortion. The evidence is accumulating despite socio-political agendas to keep the truth from the academic journals and ultimately from women to insure that the big business of abortion continues unimpeded. The literature now echoes the voices of millions of women for whom abortion was not a liberating, health promoting choice. A conservative estimate from the best available data is 20 to 30 percent of women who undergo an abortion will experience serious and/or prolonged negative consequences."*

*Priscilla Coleman*

*Abortion and Mental Health: Quantitative Synthesis and Analysis of Research Published 1995—2009*

*Priscilla Coleman*

*Analysis Critiqued*

- A study purporting to show a causal link between abortion and subsequent mental health problems has fundamental analytical errors that render its conclusions invalid, according to researchers at the University of California, San Francisco (UCSF) and the Guttmacher Institute.
- The study, by Priscilla Coleman and colleagues, did not distinguish between mental health outcomes that occurred before abortions and those that occurred afterward, but still claimed to show a causal link between abortion and mental disorders

David McFerguson PhD Research

- Professor and researcher from Christchurch New Zealand
- Pro Choice atheist
- Abortion and Mental Health Disorders: Evidence From a 30 year Longitudinal Study 2008
- The results didn't support prolife position of large negative effects on women and didn't support pro choice position that abortion is without any mental health effects
- Middle of road position: For some abortion is likely to be stressful and traumatic. There is a moderate risk of mental health problems for those exposed to abortion

The Turnaway Study

- Researchers looked at 1000 women who sought abortions at 30 abortion clinics between 2008 and 2010
- Compared two groups. One who had abortions and one that were turned away
- They didn't find any significant differences in mental health
- Women in abusive relationships saw a decrease in violence following abortion while women who carried their child to term were more likely to see an increase in abuse
- Two years later 1 in 3 were involved with same partner in both groups

*University of Manitoba Study that Appeared in the  
Canadian Journal of Psychiatry 2010*

- *Over 3000 women in the United States*
- *59 percent increased risk for suicidal thoughts*
- *61 percent increased risk for mood disorders*
- *61 percent increased risk for social anxiety disorders*
- *261 percent increased risk for alcohol abuse*
- *280 percent increased risk for any substance use disorder*

*More Recent Articles*

- *October 6, 2014 Article titled, "Is so Called Post Abortion Syndrome a Myth?" written by Zawn Villines appeared on [www.GoodTherapy.org](http://www.GoodTherapy.org)*
- *October 20, 2014 Article titled, "They're still Trying to Disprove Post Abortion Trauma Syndrome" written by Priscilla Coleman appeared on [www.alrteia.org](http://www.alrteia.org)*

*My Critique*

- *The APA may say that the preexisting mental health conditions co-occurring or prior to abortion are what contribute to/cause psychological problems after abortion.*
- *The preexisting mental health conditions as a result of trauma prevent or cause detachment to the degree that the time a man/woman has an abortion, they are numb to the effects. As a result the*

numbers are very low as to the reported effect. Combined with cultural conditioning, the inability to measure the effect (symptoms) provides evidence to the presenting argument in itself.

### *My Additional Critique*

#### *Is Self Report an Accurate Measurement of Effect?*

"Many women and men come to counseling and say that the "sexual experience" they had in childhood wasn't abuse so they don't have to feel the effect. How different is this than those who minimize the effect the abortion has had on them? Does this mean that sexual abuse doesn't have negative consequences to a person's mental health? Would the APA and others dare to say this? Then why is the same standard/question allowed to be used in the case of abortion? Numbers alone will never be an accurate indicator of impact"

*Greg Hasek*

### *The American Psychiatric Association*

- *Until the 1994 edition, the Diagnostic and Statistical Manual of Mental Disorders (DSM-III-R) published by the American Psychiatric Association (APA), included abortion in its list of life stressors that could induce some kind of post-traumatic stress disorder, along with illness, surgery or accidental injury. The next edition, the DSM-IV, published in 1994, had dropped abortion from this list.*

#### *Why Would the Loss of a Child due to Abortion not be Traumatic to a Person?*

- *Cultural/gender conditioning*
- *Psycho/Social Theory*
- *Religious/political*

- Defense mechanisms
  - Previous trauma
  - Fear
  - Shame, similar to sex abuse for males and how to have an accurate measurement of effect
  - Lack of cultural acceptance/disenfranchised grief
  - Measuring verbal or written responses versus the measuring of presenting symptoms and connecting the dots back to a previous trauma\*
- \* Our best hope of an accurate measurement of trauma

*"The conflict between the will to deny horrible events and the will to proclaim them aloud is the central dialectic of psychological trauma. When the truth is finally recognized, survivors can begin their recovery. But far too often, secrecy prevails and the story of the traumatic event surfaces not a verbal narrative but as a symptom"*

*Judith Herman, 1992*

*Once a Disorder  
Always a Disorder? Think NOT*

- Homosexuality, Abortion as a trauma under PTSD and Sex Addiction were once listed in previous DSM's. Removed for political reasons?

*"Most of this industry is being driven by pseudo-therapists who are religious fanatics and who are trying to foist an oversimplified and excessively restrictive model of sexual behavior onto the rest of the populace."*

*Referring to legitimizing Sex Addiction as a DSM Diagnosis*

*Does this sound familiar?*

*Theory Through the  
Lens of a Trauma Therapist  
Sex Addiction is again kept out of the DSM5 in 2013*

*"Is it possible that the forces behind the resistance to validating the psychological effects of abortion on women and men are similar to the forces behind the invalidation of sexual addiction as a legitimate disorder? If that is true, then the problem is not the problem is it?"*

*What new in the DSM5 2013?*

*You have got to be kidding!*

- *Internet Gaming Disorder*
- *Premenstrual Dysphoric Disorder*
- *Caffeine Withdrawal*
- *Hoarding Disorder*
- *Skin Picking Disorder*

*Hidden Agendas With  
Pharmaceutical Companies?*

- *543 million people prescribed psychiatric medications in past 30 years*
- *17 million school children currently on stimulants and antidepressants*
- *Insurance companies pay out \$69 billion every year for psychiatric services, doubling the cost of*

medical insurance premiums

- To date, APA has failed to provide appropriate governance, DSM5 has proven unable to govern itself, is not governed by APA, is not responsive to the heated opposition of mental health professionals and the public, and is insensitive to being shamed repeatedly by the world press. Government intervention may turn out to be the only hope to prevent massive misdiagnosis and all its harmful, unintended consequences.
- Allen Frances is a professor emeritus at Duke University and was the chairman of the DSM-IV task force.

### No Trust in the Psychiatric System

- Can we really trust the DSM and the decision making process around it to determine whether Abortion is traumatic or not?  
I think NOT!

Trauma Between the Genders

A Major Barrier

Projection of Unresolved Trauma?

A Few Stats

1/3 of women by the age of 18 will be sexually abused in the U.S.

1/5 of men by the age of 18 will be sexually abused in the U.S.

1/3 of women and men by the age of 45 will have experienced an abortion

- How do you think these two traumas alone affect a person's reactions to either issue when either issue is brought up in discussion or debated? The most common issue seems to be about control. In addition, what's missing from both issues is little or no empathy for men who have experienced

either.

*How Did I Come to the Realization that Trauma and Attachment are at the Root of the Abortion Debate?*

- *History of PTSD, sex abuse and abortion between the genders*
- *How men are viewed emotionally and legally regarding abortion, sex abuse, domestic violence etc.*
- *Observation of couples in trauma therapy*
- *The world as a whole demonstrates on a macro level symptoms that are present on a micro level with couples in counseling with trauma histories*

*How Did I Come to the Realization that Trauma and Attachment are at the Root of the Abortion Debate?*

- *Ex. Triggers, Projections, Overreactions, Shame Responses etc.*
- *Pro-life / Pro-choice Discussions*
- *Compassion for men only as Protectors in war*
- *Emotional vs. Rational Responses*

*When Freedom and Choice Take Precedent Over Morality*

*Listen to the language!*

- *Choice vs. control*
- *Freedom vs. trapped*
- *Body over male's legal rights*
- *Abortion, pornography, cohabitation etc.*
- *The other place I see this is in addiction where people act on emotions over what is rational. All are*

*limbic responses where trauma and attachment are stored in the brain.*

### *Ending abortion Rationally*

#### *Think Again!*

*The decision to abort and the reactions between the genders comes from the limbic system that is influenced by current and past trauma, and not a rational place. To try to change law or prove that abortion is a trauma to men and women, would need to understand that framework. Getting people to change their view of abortion, will not happen from a rational, prefrontal cortex, fact based approach. Healing in both the individual and between the genders from previous trauma may be the only way to extinguish the fire that has been burning for many years.*

*A recent attempt at getting people to use their rational prefrontal cortex thinking versus emotional limbic system reactions.*

#### *Queen Rania Al Abdullah of Jordan*

- *"We will never move forward by closing ourselves off. The only way to grow is to reach out. To truly make peace in the world, we have to learn to think ourselves into other people's places. To put ourselves into other people's shoes."*

#### *Some Previous Models of Treatment*

- *Faith based groups through a Bible study format*
- *Intensive weekend retreat models*
- *Crisis Pregnancy Centers outreach*
- *Non systemic in approach*
- *Very few where men were involved*
- *Kept out of the professional counseling world*

- Little or no outreach to post abortion men and women with no declared faith background  
*Problems With These Models*
- If one is to say men and women can have PTSD/PASS symptoms from abortion, the treatment models did not reflect that
- Treatment models were not evidenced based and backed by sound psychological theory
- Since faith based groups were the only ones putting out models of treatment, it only reinforced the abortion issue as religious and political vs. a mental health issue regarding trauma  
*Problems With These Models*
- As a result, the psychological community lacked respect of the work that was being done, in fact the psychological community perceived the faith community as a "bunch of snake handlers" in the woods some where casting out satan.
- Many men and women still left traumatized and often re-traumatized  
Example: Flooding a person with a walled off memory in a short period of time thinking that was success in abortion recovery.

"There are excellent faith-based therapies for women seeking help after abortion; however, the lack of empirically validated treatment protocols in the mainstream indirectly affirms the position of the APA and other professional organizations suggesting no harm and leaves many women without hope for relief. An essential future goal is therefore to develop treatment protocols, test them, and publish the results."

Priscilla Coleman

I want to highlight the existence of an invisible group: women (and men) with emotional scars from an abortion. They are out there in numbers; many must seek support from networks outside our mental-health system. This is because although individual practitioners may be sensitive to the trauma

*of abortion, the mental-health establishment denies it exists.*

- *Dr. Miriam Grossman*  
*Author, Unprotected and You're Teaching my Child What?*

### *One Possible Solution*

- *"If we can speak the language of the psychological community and show the use of professional evidenced based practice, maybe the road to seeing abortion as a legitimate trauma would be less rocky as we move forward."*

*Greg Hasek*

### *What is Evidenced Based Practice?*

- *Approaches to prevention or treatment that are based in theory and have undergone scientific evaluation. "Evidence-based" stands in contrast to approaches that are based on tradition, convention, belief, or anecdotal evidence.*

### *We are way Behind!*

- *"What Works: A Policy and Program Guide to the Evidence on Postabortion Care" can be found in its entirety on the website: [www.postabortioncare.org](http://www.postabortioncare.org)*

### *Evidenced Based Practice Models/Theory that are Currently Accepted for Treating PTSD*

- *The International Society for Traumatic Stress Studies has developed a grading system of models that meet the accepted criteria. The models that made the A list are:*

- *Prolonged Exposure Therapy*
- *Cognitive Processing Therapy, CBT*
- *Eye-movement desensitization and reprocessing, EMDR*
- *Stress-inoculation training*
- *Medications*

### *Survey of 225 Patients Who Escaped the World Trade Center*

- *Acupuncture*
- *Massage*
- *Yoga*
- *EMDR*
- *Not Psychoanalysis or Cognitive Behavioral Therapy*
- *Political just like DSM?*

*Bessel van der Kolk, 2013*

### *Current and Future Focus*

- *Moving away from abortion recovery being a religious and political*

- *Issue of trauma treatment*
- *Using evidenced based practices and sound psychological theory*
- *Training of therapists*
- *National and international organizations*
  - American Association of  
Christian Counselors*
- *New developments from the AACC*