

# MTPO8452 : PTSD Psychology and Healing Methods 创伤后应激症候群心理学和疗愈方法

Psychological trauma can lead to a constellation of persistent disorders including anxiety, depression, and recurring nightmares. Post-Traumatic Stress Disorder (PTSD) survivors extend well beyond combat veterans. The phenomena of cultural PTSD, and intergenerational PTSD persist around the globe accompanied by a great need for transpersonal healing. There are many effective treatments for PTSD survivors, ranging from conventional to transpersonal and various combinations. This course will emphasize both the current scientific "evidence based" treatments for PTSD, and other healing methods for PTSD including alternative, holistic, cross-cultural, creative, arts-based, humanistic, existential, and transpersonal approaches. 心理创伤会导致一系列持续的疾病，包括焦虑、抑郁和反复出现的恶梦。创伤后应激障碍（PTSD）的幸存者远远超出了作战老兵的范围。文化创伤后应激障碍和代代际创伤后应激障碍的现象在全球范围内持续存在，并伴随着对超个人治疗的巨大需求。对创伤后应激障碍幸存者有许多有效的治疗方法，从传统的到超个人的以及各种组合式的治疗。本课程将强调目前对创伤后应激障碍的科学"循证"治疗，以及其他治疗创伤后应激障碍的方法，包括替代性、整体性、跨文化、创造性、基于艺术、人本主义、存在主义和超个人的方法。

**Credits** 3