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BRIEF THERAPY FOR PTSD: ROLE AND SPECIFICITY OF HYPNOSIS

S. Boualem¹, P. Semaoune², A. Ousalah²

¹Algerie, ²Alger, Alger, Algeria

Throughout its history, hypnosis has often been associated with the treatment of posttraumatic stress disorder (PTSD), but the authors differ in the evaluation of its effectiveness. Hypnosis can be useful for the exposure to the event, which is necessary but not sufficient, especially when pathogenic fragments of the event are dissociated, and stand in the way of the healing process.

Specific hypnotic techniques help to access and to integrate these elements. Four clinical cases representing the type of patients we treat illustrate our approach.