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POSTTRAUMATIC DISORDERS IN PATIENTS WITH ALCOHOL DEPENDENCE: PREVALENCE AND INTEGRATED TREATMENT

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Over the past decade, the importance of co-occurring posttraumatic disorders in patients with substance dependence has become increasingly apparent. In clinical populations of addicted patients, about 25 to 50 percent receive a lifetime diagnosis of Posttraumatic Stress Disorder (PTSD). The talk will give an overview of the prevalence of PTSD and other trauma related disorders in European samples of patients with substance dependence. Moreover, data on experiences with the German version of an integrated treatment program for PTSD and substance abuse („Seeking Safety“, Najavits 2002) in N=38 female outpatients with alcohol dependence will be reported. The results suggest that participants' satisfaction with the content of the treatment, its structure and the session handouts was high. "Seeking Safety" therefore seems to be a promising treatment also for European patients with the dual diagnosis of PTSD and substance abuse.