

March 2, 2023

This time I draw your attention to the latest publication by Ellen Gielkens and colleagues. These authors add exciting, detailed and thorough studies to the existing evidence for exposure treatments in the elderly.

We all know that PTSD in the elderly is often associated with comorbid psychiatric or somatic conditions. This situation not only poses a problem in recognizing trauma-related problems in the elderly, but may also temper expectations with regard to trauma-oriented treatment. The authors investigated the feasibility of EMDR in older adults with PTSD, including in their analysis pre-existing comorbid psychiatric and somatic illnesses. A linear mixed model approach showed a large beneficial effect of EMDR treatment in the elderly on symptom severity of PTSD. In addition, treatment duration and existing comorbid pathology had no negative effect on treatment outcomes. Traumatic childhood experiences, however, do. These results highlight the importance of treating PTSD in older adults with or without comorbid pathology. Read more:

Gielkens, E. M. J., Sobczak, S., Rossi, G., & van Alphen, S. P. J. (2022, December 1). The Feasibility of Eye Movement Desensitization and Reprocessing (EMDR) for Older Adults With Posttraumatic Stress Disorder (PTSD) and Comorbid Psychiatric and Somatic Disorders. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online.

Recently, I could enjoy the diversity and importance of the growing evidence in our field. At a conference of the German-speaking Association for Psychotraumatology (DeGPT) in Zurich, I was impressed by the quality of the manifold contributions. In connection with the central theme (Trauma in the digital world: from cybertrauma to online therapy), there was a lot of attention for various E-health interventions. In addition, there were contributions on PTSD treatment according to the guidelines with the addition of approaches such as Yoga, elements of Gestalt therapy in a rescripting treatment or psychoeducation in major transitions. There were also interesting contributions on PTSD treatment for people with traumatic experiences in children's homes, boarding schools or youth detention, a project on 'occupation children' (children fathered by soldiers of an occupying army), trauma treatment for people with a mental disability (using simple language) and finally themes such as first person perspective and transgenerational transfer of trauma, which are so important for the treatment of the elderly.

If you wish to find out even more about current developments, attend the ESTSS conference 2023. Its overarching theme will be: *Trauma and resilience through the ages: A life course perspective*. Most relevant for all of us! It would be nice to meet you in Belfast.