



DUBROVNIK SUMMER SCHOOL OF PSYCHOTRAUMATOLOGY

PTSD Revisited:

The heterogeneity of responses to
psychological trauma and
novel treatment approaches

**May 23th- May 26th
2022**

**George Bonanno . Zahava Solomon. Eric Vermetten
Boris Droždek. Rudolf Gregurek.**

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Welcome to the 2022 Dubrovnik Summer School of Psychotraumatology!

Dear colleagues,

Since PTSD has been the focus of scientific research for many decades, the knowledge regarding posttraumatic impacts beyond PTSD and the individual survivor has also expanded. This course aims at helping clinicians to understand the diversity and complexity of the consequences of trauma throughout the survivor's life trajectory and at learning about novel treatment approaches.

First heterogeneous trajectories of long-term adjustment following potentially traumatic events will be elaborated upon. These include chronically elevated symptoms, delayed responses, improvement and the trajectory of stable psychological health or resilience.

Then, influence of psychological trauma on family systems will be discussed in depth through processes related to parenthood, spousal relationships, household conflict and aggression. Moreover, the psycho-political effects of war and terror on societies with regards to issues of safety, trust, moral judgement and attitudes towards the 'other' group will be explored.

Finally, new developments with far reaching consequences for the treatment of traumatic stress conditions will be presented and discussed.

The internationally acknowledged experts will present the state-of-the-art knowledge in the field, both from the clinical and the research perspectives. The program consists of the morning lectures and the afternoon workshops.

ABOUT THE PRESENTATIONS

George Bonanno: Bad things happen. Unfortunately, highly aversive or potentially traumatic events (PTEs) are common across the life span. Yet, despite their ubiquity, these events are still not well understood. One reason is that conventional approaches to trauma have tended to emphasize only extreme reactions, like PTSD, while ignoring other, more diverse outcomes. I will describe my research over the past 25 years that maps heterogeneous patterns or trajectories of adjustment following a range of PTEs, including natural disaster, military combat, terrorism, spinal cord injury, bio-epidemic, bereavement, and cancer surgery. My research has consistently identified a small set of prototypical trajectories, including chronically elevated symptoms, as well as delayed responses and improvement. The most common trajectory, however, almost always observed in a majority of exposed individuals, is one of stable psychological health or resilience. I'll elaborate on the distinctions between these diverse outcome patterns, and review recent findings on their predictors and consequences. I'll focus in particular on predictors of the resilience trajectory.



Location: IUC Dubrovnik, UI don Frana Bulića 4, Dubrovnik, Croatia

ABOUT THE PRESENTATIONS

Zahava Solomon: This presentation will elaborate on the immediate and long-term biological, psychological and social effects of exposure to war trauma based on 4 decades of prospective longitudinal studies. Specifically, the trajectories of PTSD and its co-morbidity and their effect on social functioning will be presented. Also, the ripple effects of trauma will be discussed with regards to spouses of the traumatized. The marital interactions in the shadow of trauma will be described and explained. The concept of secondary traumatization will be critically analyzed. Furthermore, children of trauma survivors are at high risk for psychological disorder and distress. The intergenerational effects of trauma, the implication of parental styles and attributes (e.g., attachment, differentiation) as shown in recent studies, and the differential roles of fathers and mothers in intergenerational transmission of trauma will be presented. Finally, the psycho-political effects of wars and terror on societies with regards to issues of safety, trust, moral judgment and attitudes towards the "other" group will be explored.



Courtyard of IUČ Dubrovnik, UI don Frana Bulića 4, Dubrovnik, Croatia

ABOUT THE PRESENTATIONS

Eric Vermetten: In the fifth decade after the introduction of PTSD some new developments with far reaching consequences for the treatment of traumatic stress conditions can be seen. After sound biological validation of the disorder by neuroscience, and biological framework with good interventions such as PE, EMDR and SSRIs there are new developments on the horizon of which some will be presented. First, the interest in Virtual Reality has led to far reaching innovations for the treatment of the disorder. In specific the introduction of a new intervention 3MDR is of interest. This approach introduced immersive reality by a combination of different modalities, among which walking during delivery of personalized images. Second is the increasing interest and introduction of a new disorder, without clear definition or boundaries, moral injury. There is growing research on this. The concept appeals to guilt and shame, often seen as clinical divers for chronicity in the treatment of PTSD. Another is the reintroduction of psychedelics in the treatment of PTSD. Of importance, psychedelics are believed to catalyze the therapeutic process after which new connections and transformative experiences can be seen. These new developments will be introduced in the context of personalized medicine, third wave of cognitive behavioral treatment for PTSD, the lack of novel compounds from industry, and increasing technological opportunities.



ABOUT THE SPEAKERS



George A. Bonanno (US) is a Professor of Clinical Psychology, Director of the Loss, Trauma, and Emotion Lab, and Director of the Resilience Center for Veterans and Families at Columbia University's Teachers College, New York. His research interests center the question of how human beings cope with loss, trauma and other forms of extreme adversity, with an emphasis on resilience and the salutary role of flexible regulatory processes. He authored *The Other Side of Sadness: What the New Science of Bereavement Can Tell Us about Life after Loss* (2nd edition, Basic Books), and was recently honored with the James McKeen Cattell award from the Association for Psychological Science "for a lifetime of intellectual achievements in applied psychological research and their impact on a critical problem in society at large."

Zahava Solomon (Israel) is a Professor at the Bob Shapell School of Social Work at the Tel Aviv University and the head of the Multidisciplinary Center of Excellence for Mass Trauma Research. Her research focuses on traumatic stress with particular emphasis on the psychosocial sequelae of combat stress reactions, war captivity, terror and the Holocaust. She has authored two books, and published over 360 articles in leading journals, and more than 70 book chapters. Prof Solomon has earned numerous Israeli and international awards including the Laufer Award for Outstanding Scientific Achievement in the field of PTSD by the International Society of Traumatic Stress Studies (1997), and The Hans Christen Anderson Award (2016). In 2009, Prof. Solomon was awarded the Prize of Israel for research in Social Work.



Eric Vermetten (The Netherlands) is professor of Psychotrauma at Leiden University Medical Center. He is also Adjunct Professor of Psychiatry at the New York School of Medicine in the US and at the University of Alberta In Edmonton, Canada. After his training in psychiatry in the Netherlands, he continued training in neuroscience at Yale, Emory and Stanford universities in the US. He chose a research track in the Dutch Armed Forces and set up a Center for Research of the Military Mental Health Service. He served as Officer (COL) in the Dutch Armed Forces from 2007 until honorary retirement in 2021. His work and research focus on medical biological and psychiatric aspects of PTSD, on immersive technologies as well as psychedelic compounds, such as MDMA and psilocybin. He has contributed to over 250 publications and lectures across the globe.

ABOUT THE SCHOOL DIRECTORS



Boris Droždek, MD, PhD (The Netherlands) is a psychiatrist, psychotherapist and owner at De Hemisfeer, private practice for psychotrauma, intercultural psychiatry and psychotherapy in Den Bosch. He has over 25 years of experience in assisting survivors of war and political violence worldwide., and has worked and taught in many post-conflict areas. He co-edited three books (Broken Spirits (2004), Voices of Trauma (2007) and An Uncertain Safety (2018)), and has published over 50 scientific articles in international journals and book chapters. He was a Board member of NtVP, and Executive Committee member of IRCT. Currently, he is a board member of ISHHR.

Rudolf Gregurek, MD, PhD (Croatia) is a full Professor of Psychological Medicine and Psychiatry at the School of Medicine, University of Zagreb. Previously, he was head of the Clinic for Psychological Medicine, Clinical Hospital Centre Zagreb, and head of the Desk for Psychiatry and Psychological Medicine, University of Zagreb Medical School. He is a supervisor in individual psychoanalytic psychotherapy, group analysis, and in dynamic family, marital and partner therapy. Since 2016. he is a member of the EQAR (European Quality Assurance Register for Higher Education). He published more than 750 articles and book chapters, and authored two books.



ABOUT THE SCHOOL'S HISTORY

The Dubrovnik Summer School of Psychotraumatology started in 1995, at the end of the Croatian war of independence. From 2003, it is organized by the current school directors as a biannual international event aiming at spreading the state-of-the-art knowledge in psychotraumatology, intercultural psychiatry, and other complementary fields. Throughout the years, many eminent experts have taken part in the faculty, including Yael Danieli, Richard Mollica, Robert Pynoos, Lars Wisaeth, Vamik Volkan, Dina Wardi, John Wilson, John Krystal, Matthew Friedman, Paula Schnurr, Jacob Lindy, Ilany Kogan, Brandon Hamber, Nimisha Patel, Cecile Rousseau, Laurence Kirmayer, Renos Papadopoulos and Kenneth Miller. A myriad of fruitful professional collaborations as well as many friendships have started during this event, making it a unique place to meet colleagues from all over the world and learn from the top international experts in a relaxed and friendly atmosphere of the beautiful Renaissance city.

REGISTRATION & SCHOOL FEE

In order to register for the summerschool, please mail the information below to: info@hemisfeer.nl

Title

First Name

Last Name

Institution

Student

Yes

No

Address

City

Country

Phone

E-mail

SCHOOL FEE

€ 395 (students + low income countries)

€ 595 (high income countries)

Payable by bank transfer to:

Stichting Trauma Tigers

Koningsweg 49, Den Bosch, The Netherlands

Bank Account:

ABN AMRO bank, Den Bosch, The Netherlands

IBAN: NL88ABNA0629917655 BIC ABNANL2A

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Latest registration date

Registration will be definitive upon reception of the payment receipt (no later than April 15th 2022).

The fee covers participation in the School program and the Welcome party. The School get-together dinner will be organised at additional costs.

Number of participants

The School can accommodate a maximum of 50 participants and registration will be closed when this number is reached.

Credits

Croatian attendees obtain 15 credits from Croatian Medical Chamber. International attendees obtain 3 ECTS credits.

Covid policy

According to the current rules for congresses in Croatia, the Covid vaccination document is mandatory for all participants.

**"Your assumptions are your windows
on the world. Scrub them off every
once in a while, or the light won't
come in."** *- Isaac Asimov*

With kind regards,

School Directors

Dr. Boris Droždek, The Netherlands

Prof. dr. Rudolf Gregurek, Croatia