## **Table of Contents**

|   | duction: Voices of Victims   | 1  |
|---|--|--|
| Theo  | retical Background   | 7  |
| 2.1<br>2.1.1<br>2.1.2<br>2.1.3<br>2.1.4<br>2.1.5<br>2.1.6 | Traumatic Stress Traumatic Events Stress and the Defense Cascade Violence: The Major Source of Traumatic Stress The Concept of PTSD Psychosocial Problems and Comorbid Disorders in Adults and Children Complex PTSD.  | 7101215  |
| 2.2<br>2.2.1<br>2.2.2<br>2.2.3<br>2.2.4                   | PTSD and Memory.  The Nature of Traumatic Memory  Sensory-Perceptual Representation  Autobiographical Contextual Memory  Neurobiological Basis of Memory and PTSD  | . 20<br>. 22<br>. 24   |
| 2.3<br>2.3.1<br>2.3.2<br>2.3.3                            | Processing of Affective Experiences  Normal Emotional Processing  Implications for Treatment  Speechlessness of Trauma: Sociopolitical Implications  | . 29<br>. 31   |
| 2.4<br>2.4.1<br>2.4.2                                     | Narrative Exposure Therapy (NET): The Theoretical Mode   | . 33   |
| The T   | herapeutic Approach of Narrative Exposure Therapy (NET)  | . 37   |
| 3.1   | The Basic Procedure of NET   |  |
| 3.2.3<br>3.2.4<br>3.2.5<br>3.2.6<br>3.2.7                 | Organization of Sessions First Session: Diagnosis and Psychoeducation Second Session: The Lifeline Third Session: Starting the Narration The Following Sessions The Last Session. Posttreatment Diagnostic Sessions. KIDNET: Narrative Exposure Therapy with Children.   | . 38<br>. 39<br>. 43<br>. 46<br>. 55<br>. 56<br>. 57   |
| 3.3.1<br>3.3.2<br>3.3.3<br>3.3.4<br>3.3.5<br>3.3.6        | Challenging Moments in the Therapeutic Process: NET In-Depth The Patient Attempting to Avoid The Patient Spaces Out: Dissociation. Social Emotions: Shame, Social Pain, and Guilt The Patient Is Withholding Information. There Seems to Be No Habituation Therapist Avoidance. Memory and Reality. The Therapist–Patient Relationship: Rules of NET and Standard Ethical Principles | . 61<br>. 62<br>. 64<br>. 69<br>. 69<br>. 70   |
|   | 2.1<br>2.1.1<br>2.1.2<br>2.1.3<br>2.1.4<br>2.1.5<br>2.1.6<br>2.2<br>2.2.1<br>2.2.2<br>2.2.3<br>2.2.4<br>2.3<br>2.3.1<br>2.3.2<br>2.3.3<br>2.4<br>2.4.1<br>2.4.2<br>The T<br>3.1<br>3.2<br>3.2.3<br>3.2.4<br>3.2.5<br>3.2.6<br>3.2.7<br>3.2.8<br>3.3.1<br>3.3.2<br>3.3.3<br>3.3.3<br>3.3.3<br>3.3.3<br>3.3.3<br>3.3.3<br>3.3.3<br>3.3.3<br>3.3.5<br>3.3.6<br>3.3.7                    | 2.1.1 Traumatic Events 2.1.2 Stress and the Defense Cascade 2.1.3 Violence: The Major Source of Traumatic Stress. 2.1.4 The Concept of PTSD 2.1.5 Psychosocial Problems and Comorbid Disorders in Adults and Children 2.1.6 Complex PTSD. 2.1.7 PTSD and Memory 2.1.7 The Nature of Traumatic Memory 2.1.8 Sensory-Perceptual Representation 2.1.9 Autobiographical Contextual Memory 2.2.1 The Nature of Traumatic Memory 2.2.2 Sensory-Perceptual Representation 2.2.3 Autobiographical Contextual Memory 2.2.4 Neurobiological Basis of Memory and PTSD 2.3 Processing of Affective Experiences 2.3.1 Normal Emotional Processing 2.3.2 Implications for Treatment 2.3.3 Speechlessness of Trauma: Sociopolitical Implications. 2.4 Narrative Exposure Therapy (NET): The Theoretical Mode 2.4.1 Rationale of NET 2.4.2 Elements of NET 2.4.2 Elements of NET 3.1 The Basic Procedure of NET 3.1 The Basic Procedure of NET 3.2 The NET Process Step by Step 3.2.1 Organization of Sessions 3.2.2 First Session: Diagnosis and Psychoeducation 3.2.3 Second Session: The Lifeline 3.2.4 Third Session Starting the Narration 3.2.5 The Following Sessions 3.2.6 The Last Session: 3.2.7 Posttreatment Diagnostic Sessions 3.2.8 KIDNET: Narrative Exposure Therapy with Children. 3.3 Challenging Moments in the Therapeutic Process: NET In-Depth 3.3 The Patient Attempting to Avoid 3.3 The Patient Attempting to Avoid 3.4 The Patient Spaces Out: Dissociation 3.3.5 There Seems to Be No Habituation 3.4 The Patient Is Withholding Information 3.5 There Seems to Be No Habituation 3.6 Therapist Avoidance 3.7 Memory and Reality |

|        | lix A: Informed Consent<br>lix B: vivo Event Checkl |                    |                      |         |     |
|--------|---|--------------------|----------------------|---------|-----|
|        | lix C: Modified Adverse                             |                    |                      |         |     |
| Append | lix D: Examples of Narra                            | ations of Life Exp | eriences Resulting f | rom NET | 91  |
| Append | lix E: vivo and Contact A                           | Addresses of the A | uthors               |         | 103 |

4 Appendix