

# Table of Contents

<b>1 Introduction: Voices of Victims</b> .....	1
<b>2 Theoretical Background</b> .....	7
2.1 Traumatic Stress .....	7
2.1.1 Traumatic Events .....	7
2.1.2 Stress and the Defense Cascade .....	7
2.1.3 Violence: The Major Source of Traumatic Stress. ....	10
2.1.4 The Concept of PTSD .....	12
2.1.5 Psychosocial Problems and Comorbid Disorders in Adults and Children. ....	15
2.1.6 Complex PTSD. ....	20
2.2 PTSD and Memory. ....	20
2.2.1 The Nature of Traumatic Memory .....	20
2.2.2 Sensory-Perceptual Representation .....	22
2.2.3 Autobiographical Contextual Memory. ....	24
2.2.4 Neurobiological Basis of Memory and PTSD .....	27
2.3 Processing of Affective Experiences .....	29
2.3.1 Normal Emotional Processing .....	29
2.3.2 Implications for Treatment .....	31
2.3.3 Speechlessness of Trauma: Sociopolitical Implications. ....	32
2.4 Narrative Exposure Therapy (NET): The Theoretical Mode .....	33
2.4.1 Rationale of NET .....	33
2.4.2 Elements of NET .....	34
<b>3 The Therapeutic Approach of Narrative Exposure Therapy (NET)</b> .....	37
3.1 The Basic Procedure of NET .....	37
3.2 The NET Process Step by Step .....	38
3.2.1 Organization of Sessions .....	38
3.2.2 First Session: Diagnosis and Psychoeducation .....	39
3.2.3 Second Session: The Lifeline .....	43
3.2.4 Third Session: Starting the Narration. ....	46
3.2.5 The Following Sessions .....	55
3.2.6 The Last Session. ....	56
3.2.7 Posttreatment Diagnostic Sessions. ....	57
3.2.8 KIDNET: Narrative Exposure Therapy with Children. ....	58
3.3 Challenging Moments in the Therapeutic Process: NET In-Depth .....	61
3.3.1 The Patient Attempting to Avoid .....	61
3.3.2 The Patient Spaces Out: Dissociation. ....	62
3.3.3 Social Emotions: Shame, Social Pain, and Guilt .....	64
3.3.4 The Patient Is Withholding Information. ....	69
3.3.5 There Seems to Be No Habituation .....	69
3.3.6 Therapist Avoidance .....	70
3.3.7 Memory and Reality .....	71
3.3.8 The Therapist–Patient Relationship: Rules of NET and Standard Ethical Principles .....	72

<b>4 Appendix</b> .....	75
Appendix A: Informed Consent Form .....	76
Appendix B: vivo Event Checklist for War, Detention, and Torture Experiences.....	77
Appendix C: Modified Adverse Childhood Experience (MACE) Scale (Version 0.9) .....	80
Appendix D: Examples of Narrations of Life Experiences Resulting from NET .....	91
Appendix E: vivo and Contact Addresses of the Authors .....	103
 <b>References</b> .....	 104