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PTSD and Psychological Debriefing

S. Mahmoud Mirzamani

Abstract:

Following a personal, community or national crisis or disaster there is a need to provide some form of early intervention and crisis support. The essential components of successful early interventions include planning, education, training and support for those affected. The goal of all early interventions should be to maximize the likelihood of a positive mental health outcome using the person's own adaptive coping mechanisms and support structures. Psychological debriefing (PD) has been described as an intervention conducted by trained professionals shortly after a catastrophe, allowing victims to talk about their experience and receive information on "normal" types of reactions to such an event. Psychological debriefing has been developed and has been at the centre of significant levels of controversy during the past 15 years. Talking through traumatic or stressful events may help the psychological recovery of those who have suffered psychological insults.

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