



INTERNATIONAL
TRAUMA STUDIES
PROGRAM

1st International Congress on Trauma Prevention Studies

“From Darkness to Hope: Healing from Trauma in a World Facing Violence and Poverty”

January 9–11, 2026

Istanbul, Türkiye

CLINIC WORKSHOP	
	<p>Instructor Name: Prof. Dr. Ulrich Schnyder</p> <p>Workshop Title: Facilitating Recovery Beyond Symptom Reduction</p>
<p>Workshop Description <i>(A brief overview of the topic)</i></p>	<p>Trauma-focused CBT is currently accepted as the first-line treatment for trauma related psychological disorders such as posttraumatic stress disorder (PTSD). In this workshop the essentials and commonalities of empirically supported psychotherapies for PTSD will be summarized and discussed. Participants will be invited to share the clinical challenges they are confronted with when treating trauma survivors.</p>
<p>Topics Covered</p>	<p>Core common elements such as psychoeducation, imaginal exposure, cognitive processing and restructuring, and meaning making, will be demonstrated and trained in small group work.</p>
<p>Duration</p>	<p>90 minutes</p>
<p>Maximum Number of Participants</p>	<p>20</p>

Target Audience	Psychiatrists, clinical psychologists
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