

POSTER PRESENTATION AT A VETERAN-LED RESEARCH CONFERENCE,  
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## **EVALUATION OF HUMAN GIVENS 'REWIND TREATMENT' TO TREAT TRAUMA**

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### **Objectives:**

This poster looks at the effectiveness of a single Human Givens (HG) Rewind treatment session to treat PTSD in the general psychiatric population.

### **Design:**

This was a pilot study done in 2011 at a NHS clinic. People with severe PTSD were seen for a single session of rewind treatment to reduce their symptoms while waiting for further treatment in the NHS.

### **Methods:**

Referrals to the clinic were from NHS assessment, recovery and rehabilitation teams. All clients with appointments at the clinic during the period of the study were included. The rewind treatment was carried out by a clinical psychologist, using the Griffin and Tyrrell (2001) protocol. The level of trauma was assessed using the Impact of Events Scale Extended Version (IES-E) (Tehrani et al, 2002). A service evaluation questionnaire was devised to elicit qualitative information on the effectiveness and acceptability of the single rewind treatment session.

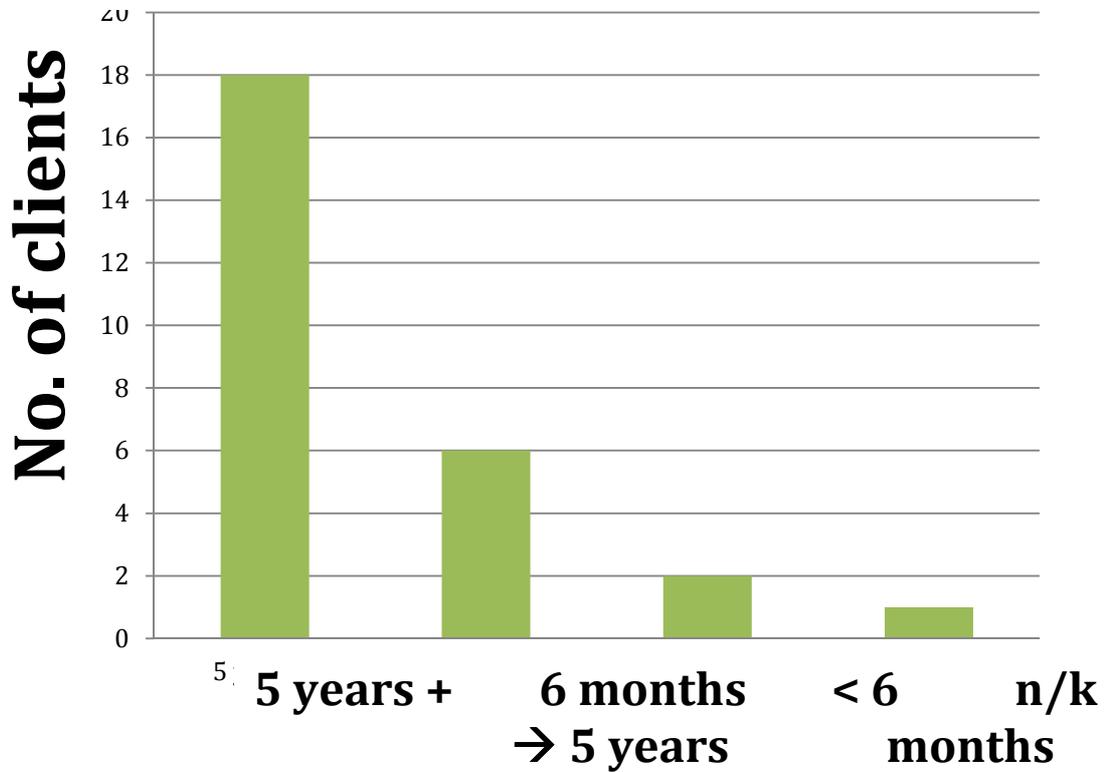
### **Results:**

All 27 clients were included, and 9 completed the service evaluation questionnaire. All clients were seen individually for a single session only, following which 37% need no further treatment at all and 37% were discharged for treatment in other services, and 22% remained in the NHS recovery team. Most clients who completed that service evaluation questionnaire (89%) found the treatment acceptable and helpful, and thought that the clinic should continue. Treatment was more accessible for shame-based traumas because it was not necessary to discuss the details of their trauma/s.

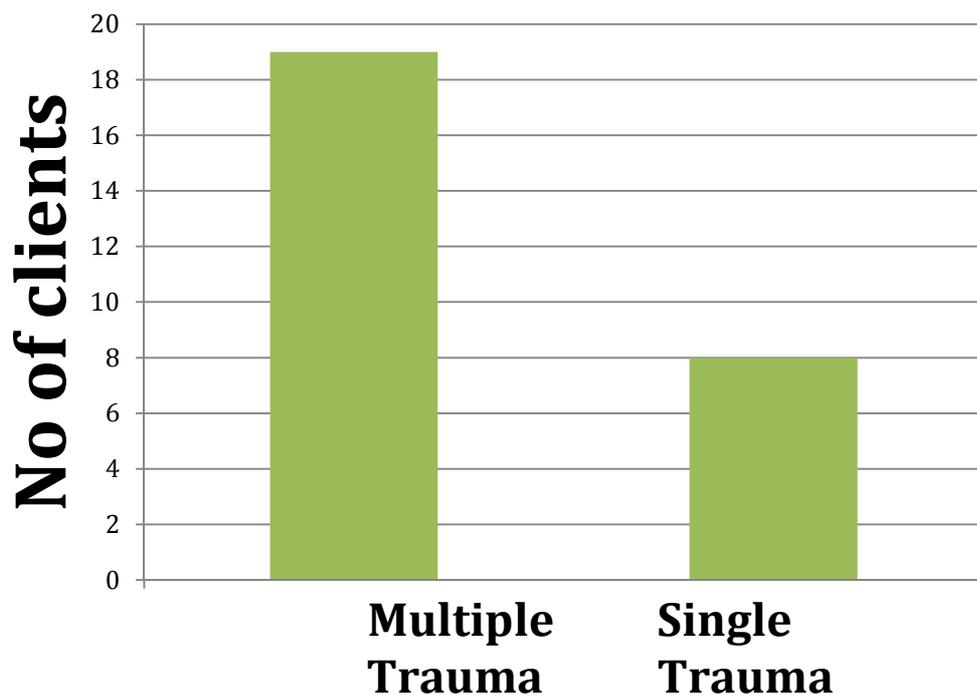
### **Conclusions:**

This study confirms that HG Rewind treatment can be effective with severe, chronic and even multiple traumas in a single session, with some requiring no further treatment. It can be used to quickly provide initial help for traumatised, distressed people, often with less specialised staff taking over follow-up care. The rewind clinic may be a cost effective treatment, and efficient use of specialist psychology resources. These interesting results indicate that more research on a single rewind session is warranted.

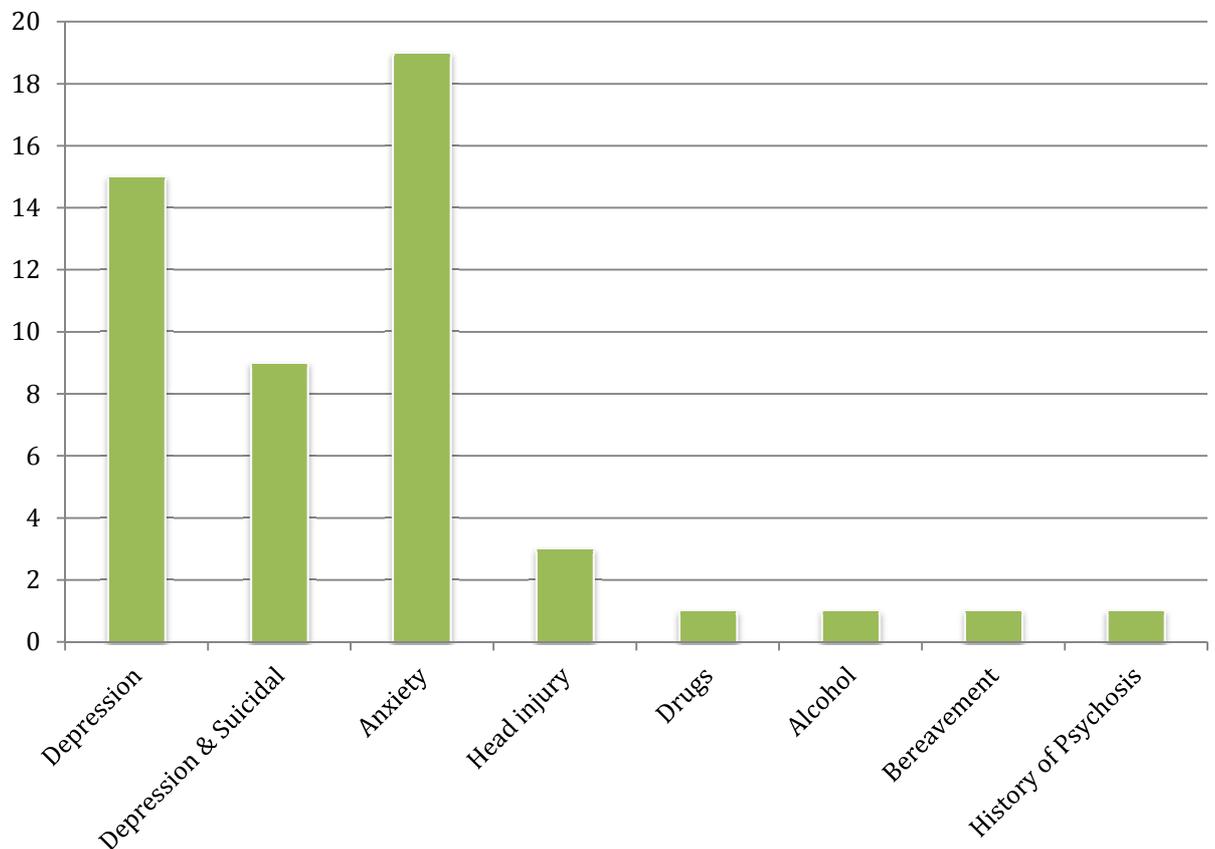
# Length of time since most recent traumatic event



# Number of traumatic events



# Co-morbidity



## Rewind therapy – what is it?

- An exposure-based trauma-focused therapy, as recommended by N.I.C.E.
- Involves graduated exposure to the trauma, while keeping arousal levels low
- Multiple traumas can be treated in one session
- It is not necessary to discuss the trauma in detail as the exposure is done using visualisation

## Qualitative responses from clients following single session treatment

Acceptability of rewind session to clients	Responses
<b>Positive – made life better:</b> Improved life and/or symptoms Saw events more hopefully Helped to open up	<b>8</b>
<b>Positive – Liked the treatment:</b> Treatment was appropriate Quick access Individual session	<b>5</b>
<b>Other:</b> Further treatment required	<b>3</b>