
ABSTRACT

A literature review of early verbal psychological intervention following trauma

HIWATASHI, Takanori

School counselor in Kitakyushu City

This study examined the early verbal expression of psychological trauma, including debriefing, prolonged exposure, and cognitive restructuring. Psychological debriefing (PD) may be ineffective or even harmful for primary victims of trauma. However, PD may be effective for secondary victims of trauma. Current evidence suggests that prolonged exposure and cognitive restructuring may be an effective form of early intervention; however, its benefits have been observed only in patients with acute stress disorder (posttraumatic stress disorder) and not in all types of patients who have experienced a traumatic event. PD has a high satisfaction level among participants, indicating that it may be effective in meeting their needs. This review's findings indicate that the early verbal expression of psychological trauma may be useful in recovery if methods fit the patient. However, it is necessary to modify the methods after assessing the patient and develop feasible methods in clinical situations if needed.

Key Words: psychological trauma, early expression, psychological debriefing, prolonged exposure, cognitive restructuring
