

Professional Conference for Psychologists in Private Practise, November 17-18th 2022 at Comwell in Kolding, Denmark

Organizer : The Danish Psychological Association

Nov. 18th 2022 8:45 – 10.15

Keynote speaker: The Psychotraumatic Moment – in Diagnostics and Psychotherapy / Klaus Pedersen, Specialist Psychologist in General Psychiatry, Specialist and Supervisor in Psychotherapy & Psychopathology

The presentation is based on the diagnoses of PTSD and Complex PTSD and presents concrete methods for treating psychotraumatic conditions. In ICD-11, a mental diagnosis continues to be defined as a syndrome of symptoms that are expressed by the individual in a state that does not refer to specific etiology, maintaining factors or intervention. The opposite is the case with somatic diseases characterized by etiological and pathophysiological specificity. The PTSD diagnosis in particular differs from the general structure of mental diagnoses by having a built-in cause for the onset of the condition, namely an extremely threatening or terrifying event, from which the psychotraumatic moment originates.

There is evidence that psychological treatment of psychotrauma reduces symptoms in other mental disorders. It is therefore essential for clinical work to have insight into intervention methods aimed at processing psychotrauma. The worst moment in the psychotraumatic situation can contain both the cause of and solution to the psychotraumatic condition. In psychological treatment, intervention methods with a focus on the psychotraumatic moment, as well as the uncovering, exploration and reinforcement of positive psychological elements can be the crank for resolving a psychotraumatic condition. The above is explained and unfolded via the intervention method "Psychotrauma Dismantling", which is based on elements from evidence-based methods and focuses on uncovering automatic intelligent behaviour, de-victimization and positive reinforcement, and dispels myths about psychotrauma treatment.

The participants achieve a sharpened understanding of the concept of diagnosis, gain insight into alternatives to psychotherapeutic immersion in the psychopathological aspects of the PTSD diagnosis, and thus strengthen the ability to identify and treat psychotraumatic conditions based on treatment tools that can be transferred to daily clinical work.

Klaus Pedersen is a Specialist Psychologist in General Psychiatry as well as Specialist and Supervisor in Psychotherapy and Psychopathology, has worked with diagnostics and psychotherapy for more than 25 years, and has, among other things, developed the intervention methods *Psychotrauma Dismantling* and *Psychotrauma Bypass*. Klaus Pedersen is Chairman of both the Danish Psychotherapeutic Society for Psychologists (DPSP) and the Specialist Psychologist Diagnosis Committee (SPDU) and is also a member of the Danish Health Data Agency's ICD-11 Core Group regarding the translation and implementation of ICD-11 within mental health.