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### Exposing therapists to trauma-focused treatment in psychosis

*effects on credibility, expected burden, and harm expectancies*

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## 创伤焦点治疗在精神病性障碍的应用探讨：治疗师对治疗的态度、预期负担、以及可能的伤害

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### Abstract

背景：尽管存在显著证据支持创伤焦点治疗的有效性，但是传播推广该治疗是困难的，尤其在共病精神病性障碍的患者。许多治疗师对该治疗的有效性、预期负担和治疗伤害持负面态度。

目标：这一可行性研究采用随机对照设计，探索了对治疗师进行创伤焦点治疗专业训练带来的治疗师信念系统的改变。

方法：在基线水平，理论训练后，技能训练后，督导实践训练后，以及2年后随访时，评估了治疗师（n=16）理解的创伤焦点治疗的可靠程度，预期负担，及治疗性伤害。同时评价了治疗师对特定患者应用该疗法时对治疗的可靠性，预期负担。

结果：随着时间推移，治疗师所评估的创伤焦点治疗的可靠程度显著增加，但是评估的预期负担和预期伤害显著减少。在治疗合并精神病性障碍的创伤后应激障碍（PTSD）患者（n=79）中，治疗前症状严重程度与特定的治疗师信度或者对治疗的预期负担没有联系。治疗结局没有影响患者特定（patient-specific）可靠性及治疗师预期负担。

结论：这些发现支持专业训练的概念，包括有督导的实践训练。并且对治疗师关于创伤焦点治疗的可靠性，预期负担和可能带来伤害的信念有长期积极的影响。

Keywords: PTSD; 延迟暴露; EMDR; 训练; 传播

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