

# Getting into a person's mind

In this activity, the participants will learn about the perspectives of a person suffering from PTSD.

Module	Submodules	Group size	Duration
<ul> <li>Intervention</li> </ul>	<ul> <li>Communication</li> </ul>	<ul> <li>Small group</li> </ul>	• 20 - 30 min

## **Keywords**

strategies for successful communication, personal confession, PTSD

## Aims

To identify strategies for successful communication, which a person suffering from PTSD experiences.

# **Participants**

1 - 10

## Description

Participants read a personal confession of a person suffering from PTSD and look for strategies, that she advices would be helpful. The article/case story is to be found in handout.

## **Material**

Handout

#### **Method**

Analysis

# **Advice for Facilitators**

The trainer is advised to read the whole article on http://www.new-synapse.com/aps/wordpress/?p=1614 and search the strategies, so that s/he can facilitate the discussion among the participants.

# Source (APA)

Hanson, H. (2019, July 29). PTSD Challenges – Communication. Retrieved from http://www.new-synapse.com/aps/wordpress/?p=1614

## Handouts

You may download the handout from here.

# Contributor

Qualed



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https://posttraumatic-integration.eu/