

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
 Intervention 	 Communication 	 Small group 	• 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

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Getting into a person's mind. Retrieved Wednesday September 3, 2025, from : https://onlinematerial.posttraumatic-integration.eu/courses/PTIP120/

Co-funded by the Erasmus+ Programme of the European Union



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

https://posttraumatic-integration.eu/