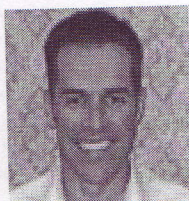


**ESTSS**

**EUROPEAN
SOCIETY
for TRAUMATIC
STRESS STUDIES**

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PRESIDENT'S MESSAGE



Dear Colleagues,
The very enjoyable
10th European Conference on
Traumatic Stress (ECOTS) in
Opatija, Croatia now seems a
long time ago. I am very grateful

to Dean Ajdukovic, Chair of the Organizing Committee and Ueli Schnyder who co-chaired the Programme Committee with Dean for arranging such a stimulating conference that was kindly hosted by the Society for Psychological Assistance from Zagreb. The conference provided a great opportunity to update our knowledge in the Traumatic Stress field, to meet with colleagues and also to develop new ideas. We look forward to the 11th ECOTS in Oslo, Norway in 2009.

The 10th ECOTS marked the end of Berthold Gersons' term of presidency and the beginning of mine. I would like to formally express my gratitude to Berthold for his hard work and the legacy he has left us to build on. Berthold remains actively involved with the Board, particularly on the development of a new structure for the ESTSS whereby it becomes an umbrella organisation for other European societies with an interest in Traumatic Stress. This is a very important piece of work in progress that will allow the ESTSS to increase its membership and further establish itself as a key organisation in the Traumatic Stress field throughout Europe.

Two other key pieces of work are also worthy of mention. The first is the development of a basic level certificate in psychotraumatology for ESTSS members to show that they have undergone an introductory level of training, the content of which has been agreed and approved by the ESTSS. A certification sub committee has been formed and we plan to introduce this in 2008. The second is the development of Task Forces on specific areas that members can join through the website.

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These should allow us to become more active as a society, interact with colleagues who share a common interest, develop ideas and hopefully produce tangible products such as position papers and special interest meetings.

I hope that you will continue to support the ESTSS, participate in one or more Task Forces and actively encourage others with an interest in the field to join us.

Best wishes.

Jonathan Bisson

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- of trauma workers from difference disciplines to develop emergency response schemes and training modules for relevant bodies (emergency workers, schools, etc.)
- to support the development of new institutions – e.g. supervision, peer and group supervision
- to facilitate research, publications and exchange
- to lobby the field to be appropriately reflected in mental and public health policies

The first activities of the society will be:

- December conference (December 15-16, 2007) – the conference will be the official launching event for the GSP and be opened by Berthold Gersons; there will be key-speeches and workshops during 2 days, attended by public officials and professionals. It will be hosted by Tbilisi state medical university.
- ESTSS workshop in January (26-27 January 2008) – the 2-days long workshop will be conducted for the society members by Jonathan Bisson and will include an initial introduction to traumatic stress (which will introduce normal and pathological reactions, epidemiology and treatment modalities); and a full day of introduction to trauma focused cognitive behavioral therapy.

PREVIOUS EVENTS

Psychoenergetic and Psychoenergetic Drawing™: from Body to Imagination and to Drawing

Milan (Italy), March - September 2007
held by the association "Qualità e Formazione"

It was run by Italian (Dr. Marialfonsa Fontana Sartorio and Dr. Manuela Barbarossa) and Swiss (Dr. Peter Schellenbaum) teachers. "Psychoenergetic Drawing™" grounds on the analytical psychology of Jung and translates emotions and body feelings into image by drawing. Elaboration happens through colors and it is integrated with analytical interpretations. The therapist is in constant resonance with the emotional world of the patient, accompanying him in his psychotherapeutic development.

The first two days were dedicated to the explanation of the teaching of the Body Psychotherapy Psychoenergetic of Dr. Peter Schellenbaum: energetic signals; Jung's concept of psychic energy, Jung's complex and Psychoenergetic. Resonance, empathy and

accompaniment. Discussion on the technique of spontaneous ritual. Practical exercises in groups and individually. (Dr. Peter Schellenbaum)

The remaining three days covered theoretical and practical aspects: the importance of the concept of representation. How to activate the resources of the patient. The control of the emotions and the emotional intelligence. How to transform affections. From Psychoenergetic to Psychoenergetic Drawing™: how to apply the concepts of energetic signals, resonance, accompaniment and the analysis of the depth in Psychoenergetic Drawing™. The therapist's role in Psychoenergetic Drawing™. (Dr. Fontana Sartorio)

The analytical vision according to Freud. The psychoanalytical vision of empathy (Dr. Barbarossa). Neurobiology of image (as the brain produces images). Traces of memory: the emotional and bodily memory. Mirror neurons. The power of internal images. Comparison between Psychoenergetic Drawing™ and the other imaginative techniques (Dr. Fontana Sartorio).

Numerous practical exercises have been conducted in groups and individually. Participants expressed considerable interest in the discussion of clinical cases introduced by the teachers, and in the supervision, of those introduced by the participants. Participants, who incorporated Psychoenergetic Drawing™ in their psychotherapeutic work, succeeded in the psychotherapeutic insight and transformation of patients, with positive results. Psychoenergetic Drawing™ has shown its flexibility in application in various settings (cognitive-behavioral, analysis of the depth, bodily therapy).

Psychoenergetic Drawing™ has also shown its ability to provide the patient the power to confront himself with his own complexes or with his traumatic events, also favoring and facilitating the structuring of the phase of exposure, in order to elaborate traumatic events.

The Italian Public Health Minister recognised the workshop as part of Continuing Education in Medicine program.

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