

# Table of Contents

<b>1</b>	<b>Introduction: Voices of Victims</b>	1
<b>2</b>	<b>Theoretical Background</b>	7
2.1	Traumatic Stress	7
2.1.1	Traumatic Events	7
2.1.2	Stress and the Defense Cascade	7
2.1.3	Violence: The Major Source of Traumatic Stress	10
2.1.4	The Concept of PTSD	12
2.1.5	Psychosocial Problems and Comorbid Disorders in Adults and Children	15
2.1.6	Complex PTSD	20
2.2	PTSD and Memory	20
2.2.1	The Nature of Traumatic Memory	20
2.2.2	Sensory-Perceptual Representation	22
2.2.3	Autobiographical Contextual Memory	24
2.2.4	Neurobiological Basis of Memory and PTSD	27
2.3	Processing of Affective Experiences	29
2.3.1	Normal Emotional Processing	29
2.3.2	Implications for Treatment	31
2.3.3	Speechlessness of Trauma: Sociopolitical Implications	32
2.4	Narrative Exposure Therapy (NET): The Theoretical Mode	33
2.4.1	Rationale of NET	33
2.4.2	Elements of NET	34
<b>3</b>	<b>The Therapeutic Approach of Narrative Exposure Therapy (NET)</b>	37
3.1	The Basic Procedure of NET	37
3.2	The NET Process Step by Step	38
3.2.1	Organization of Sessions	38
3.2.2	First Session: Diagnosis and Psychoeducation	39
3.2.3	Second Session: The Lifeline	43
3.2.4	Third Session: Starting the Narration	46
3.2.5	The Following Sessions	55
3.2.6	The Last Session	56
3.2.7	Posttreatment Diagnostic Sessions	57
3.2.8	KIDNET: Narrative Exposure Therapy with Children	58
3.3	Challenging Moments in the Therapeutic Process: NET In-Depth	61
3.3.1	The Patient Attempting to Avoid	61
3.3.2	The Patient Spaces Out: Dissociation	62
3.3.3	Social Emotions: Shame, Social Pain, and Guilt	64
3.3.4	The Patient Is Withholding Information	69
3.3.5	There Seems to Be No Habituation	69
3.3.6	Therapist Avoidance	70
3.3.7	Memory and Reality	71
3.3.8	The Therapist–Patient Relationship: Rules of NET and Standard Ethical Principles	72

<b>4 Appendix .....</b>	<b>75</b>
Appendix A: Informed Consent Form .....	76
Appendix B: vivo Event Checklist for War, Detention, and Torture Experiences .....	77
Appendix C: Modified Adverse Childhood Experience (MACE) Scale (Version 0.9) .....	80
Appendix D: Examples of Narrations of Life Experiences Resulting from NET .....	91
Appendix E: vivo and Contact Addresses of the Authors .....	103
<b>References.....</b>	<b>104</b>