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PAPER: “Growing through depression: PTSD and the reconstruction of rationality”

Presented by
Christos D. Papalekas.

ABSTRACT:

Belief systems largely determine how people feel and act towards situations, problems and life events in their lives. Theory and practise of rational emotive behaviour therapy is explained and applied to the highly complex and often individualised syndrome of the post-traumatic stress disorder. This paper demonstrates how the dysfunctional or irrational beliefs influence the creation and preservation of the traumatic experiences and how some forms of behavioural and emotive techniques could help the client overcome their disorder. PTSD takes many forms and seems to be rarely about one thing. It usually takes a lifetime and raises questions of whether therapy can cure clients. However, I frankly believe that REBT is not a short-term therapy with long-term effects, but a long terms therapy for life long effects. This is why I considered it important to use in the title the word: ‘growing’. Growing means not to be paralysed, to reach an emotional insight of the emotional disturbance and instead of being traumatized, to be devastated. Evidence has been provided for the previous. As humans, we are prone to disturb ourselves when we don’t get what we believe we must get; even if we cannot stop ourselves from beginning to be disturbed due to the irrationality of our beliefs, however we can stop ourselves from continuing being disturbed. Nevertheless, it is argued that even if the symptoms of depression can be mitigated through therapy, the depth of emotional pain that PTSD causes should not be ignored.