

Oral

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(Conference Room C)

Oral 18

[O-18-04] The Effectiveness of Tension and Trauma Release Exercises (TRE) in The Treatment of Trauma: *The Case Series of Arab Palestinian Samples*

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Keywords : Tension and trauma release exercises (TRE);、 Trauma、 Arab Palestinian Samples;、 Dissociation; Anxiety;、 Depression;、 SATI; Sleep disturbance; Sexual problems.

Background: Trauma is spread all over in Palestine for the ongoing conflict since more than 70 years! Different approaches and techniques were developed to deal with such problematic events, and Tension and Trauma Release Exercises among such techniques and approaches.

Objective: The present study comes in the context of exploring as well highlighting to how much extent the tension and trauma release exercises are effective in treatment of trauma.

Methods: Descriptive analytical and correlational methods were employed to fulfill the objective of the present study. Where data was collected from 80 Arab Palestinian participants (males, females, young and adults) of different signs and symptoms of trauma. Briere and Runtz (1989) Trauma Symptom Checklist – 40 that assess the status of dissociation, anxiety, depression, SATI, sleep disturbance and sexual problems was used. Tension and trauma release exercises were introduced to all treated participants as well supervised carefully to enable each and every participant practice it as it should be without any complications and challenges. Informed consent was collected from all participants as ethical requirement. The collected data via SPSS and other statistical tools was applied to generate results and findings from data.

Results: Descriptive and inferential mainly t-test, ANOVA one and Pearson correlation outcomes showed strong significant statistical differences among the studied groups. Comparing post testing with pretesting readings indicate that tension and trauma release exercise has an observed effect in the treatment of trauma.

Conclusion: The findings indicate that tension and trauma release exercises are effective and fruitful in the treatment of trauma and related signs and symptoms (i.e., dissociation, anxiety, depression, SATI, sleep disturbance and sexual problems).