

“PE appears to be a feasible treatment to implement in a South African context for the treatment of PTSD among adults at a primary care level. Yet, attempts to disseminate and implement PE in a South African context need to be cognizant of the contextual challenges”

Yebo! Final Conference – Collaborating to Reinforce the Internationalisation of PhD Studies

The feasibility of disseminating and implementing prolonged exposure therapy for survivors of trauma in South Africa: a mixed-methods study

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INTRO

- South Africans are at an increased risk for PTSD, with trauma exposure at 73.8 %, and lifetime prevalence at 2.3% (Koenen et al. 2017).
- Empirically supported trauma therapies are not readily implemented in SA and there are no contextually relevant treatment guidelines for PTSD in SA. (Booyesen & Kagee, 2020)

Aim of Study

- The broad aim was to implement PE in a South African context, and to explore whether PE is feasible and acceptable in a South African context.

METHODS – Mixed Method Design

1. **Phase 1:** Interviews with trauma counsellors at 4 counselling centres in the Western Cape and Eastern Cape (n = 18)
2. **Phase 2:** PE for PTSD PE intervention at two counselling centres (n = 12)
3. Primary outcome (PTSD); secondary outcomes (Depression and Anxiety).
4. **Phase 3:** Interviews with clients about their experience of PE for PTSD (n = 7)

Discussion & Conclusion

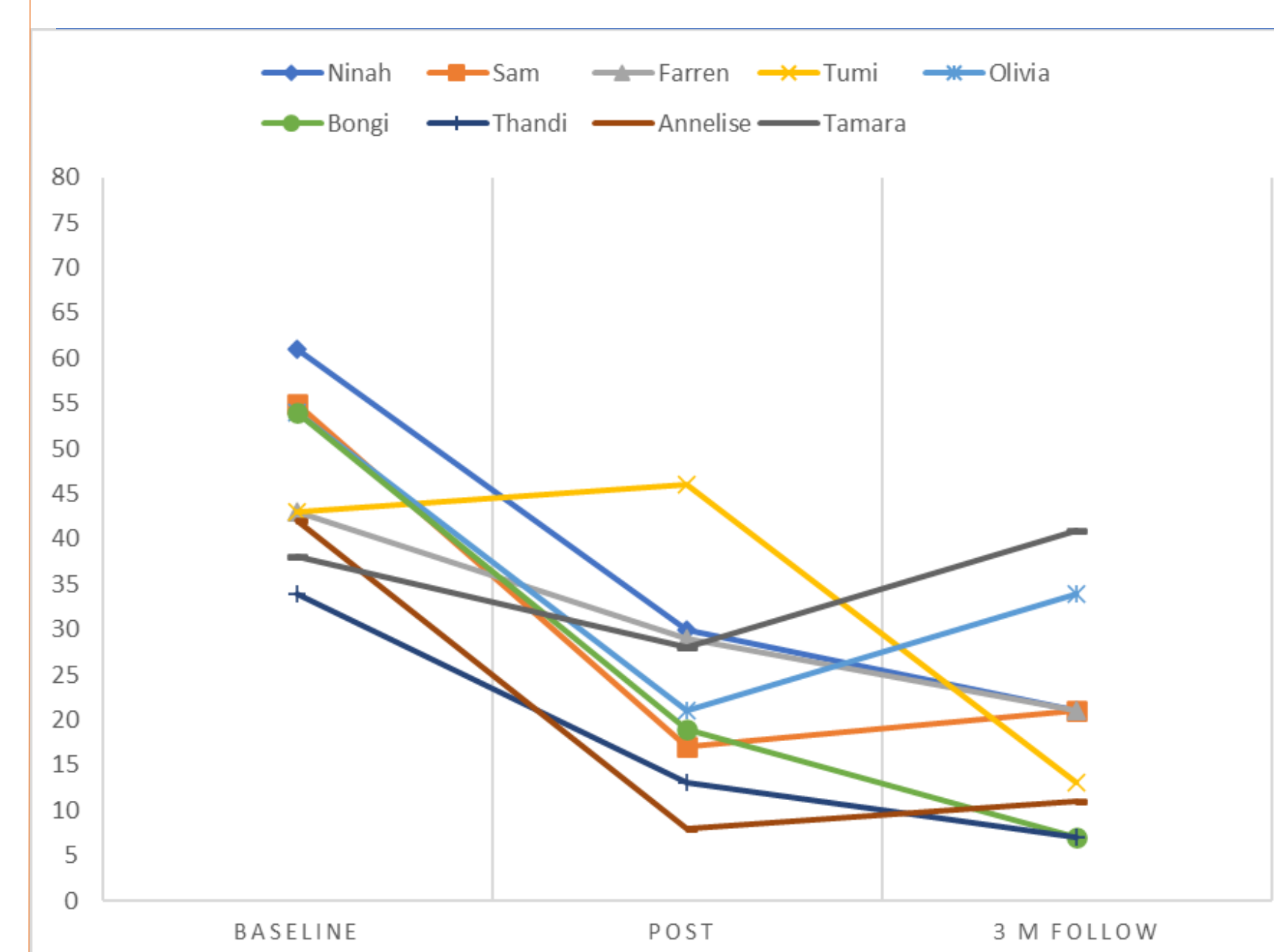
PE appears to be a feasible trauma therapy to disseminate and implement in a South African context for the treatment of PTSD among adults at a primary care level. Fundamentally, the study also serves as a foundation for further investigation into the dissemination and implementation of PE as a trauma therapy in South Africa and similar low resource countries.

References

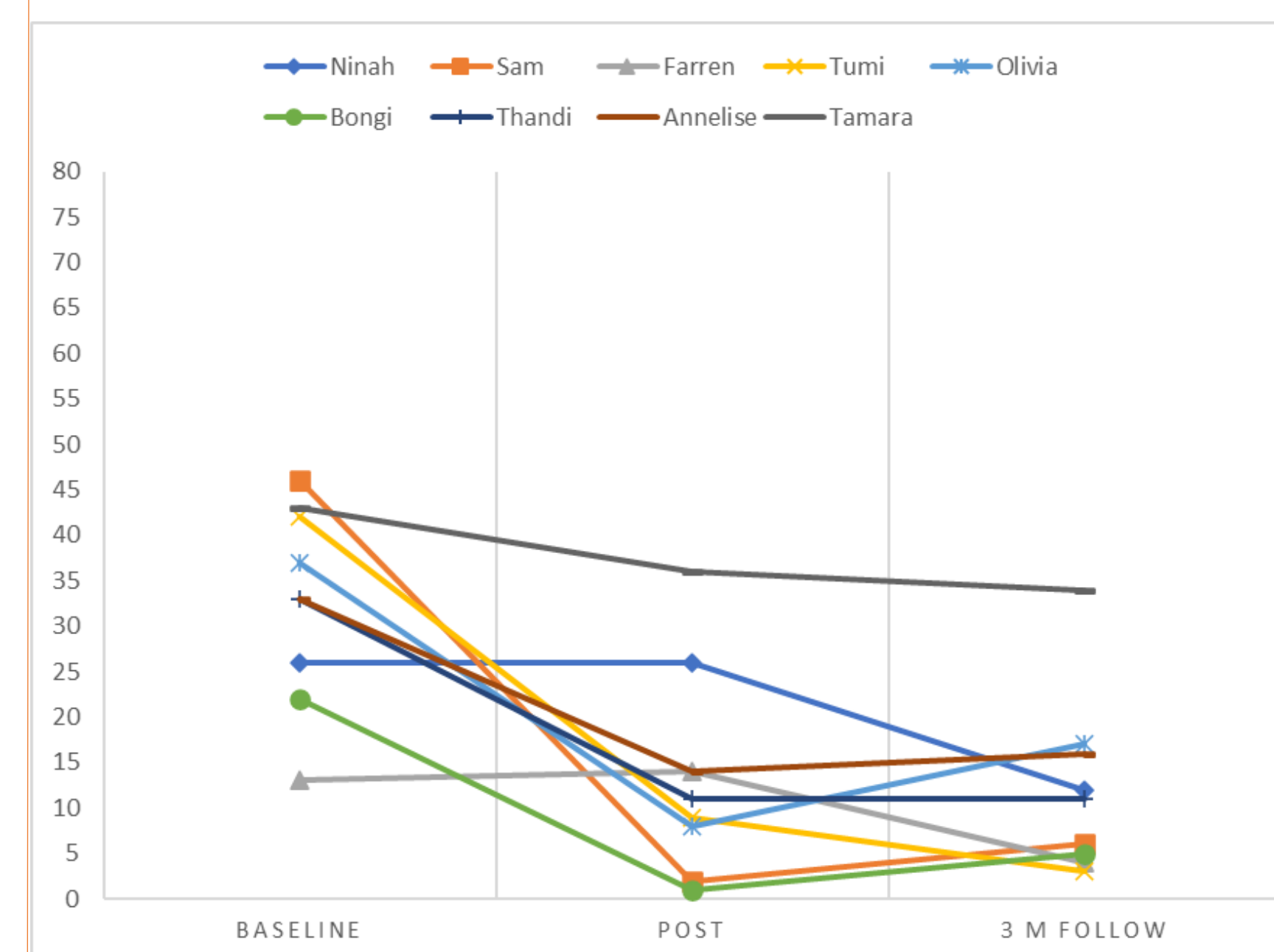
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Results: Graphs and Quotes

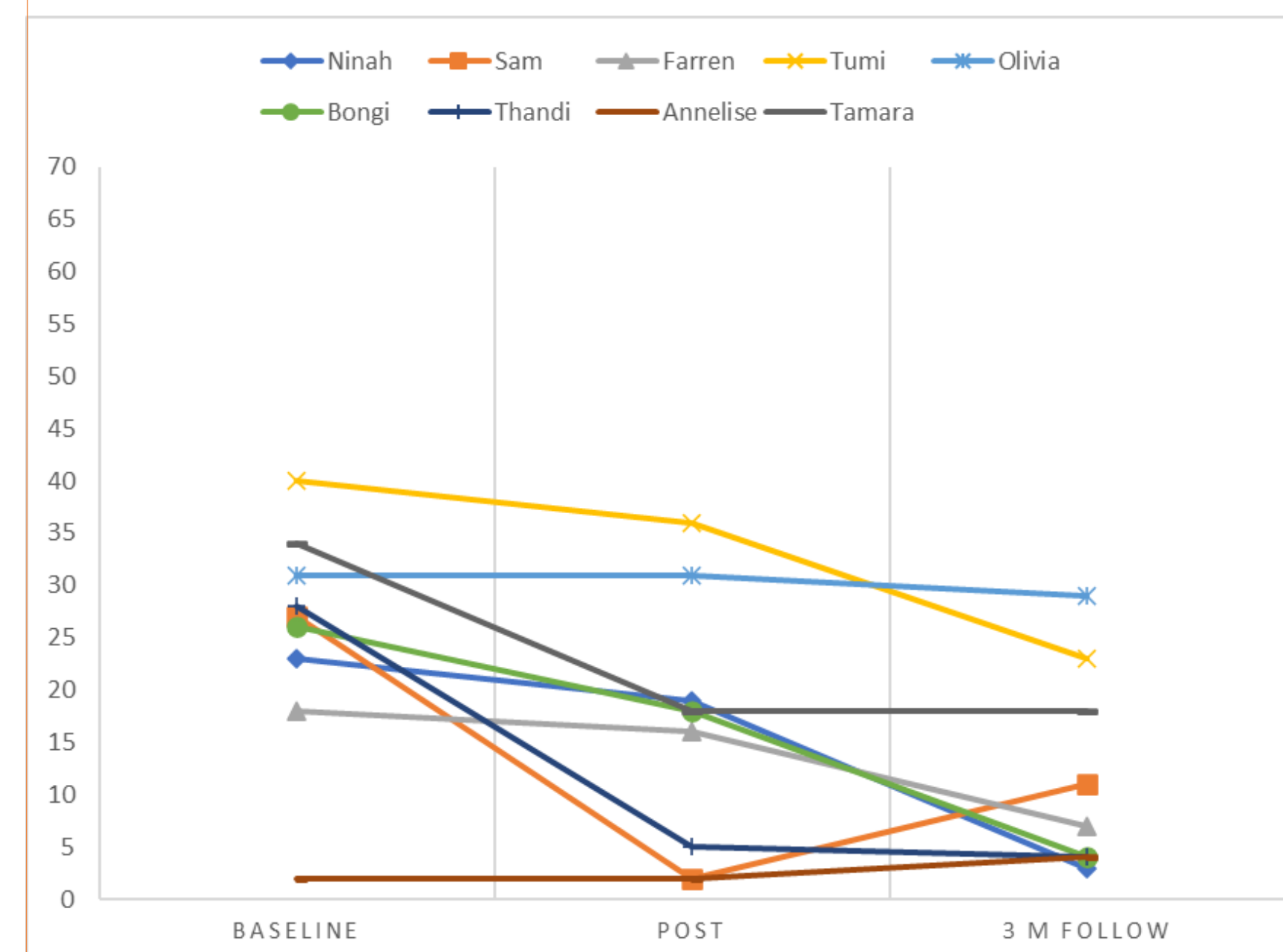
Phase 1, Counsellor experiences:
‘the most difficult aspect of being a trauma counsellor is being present when people are breaking down. . . . It’s taxing emotionally, and very difficult because it leaves you vulnerable’. – Gloria, a trauma counsellor



Phase 2: Combined PTSD scores



Phase 2: Combined Depression scores



Phase 2: Combined Anxiety scores

Phase 3, Client Experience of PE:
“The first session I really did not want to be there, but I realized I needed to be there. Me needing to be there outweighed me not wanting to be there. So, I sat, and I was honest, and I was as open as I could be, because I realized the end goal.” – Thembi (trauma survivor - client)

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