



ASSIST TRAUMA
CARE

ASSIST TRAINING

Dealing with Flashbacks

In general there are five areas which have been identified by therapists and PTSD survivors as being required to bring about change in the flashback experience.

- 1. A need to accept the experience of flashback as being part of the individual's life experience, and to integrate it as part of their own ongoing personal development.**
 - 2. A need to ensure a rational perspective on the meaning of the flashback.**
 - 3. A need to reduce the time spent in rumination both between and following flashback.**
 - 4. A need to reduce the effect of flashbacks and the degree of distress caused by them.**
 - 5. A need to re-experience memories within a controlled mind frame, and using memories which are chosen by the individual him/herself. There is a feeling that he/she wishes to experience the memories without the continuing upset.**
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