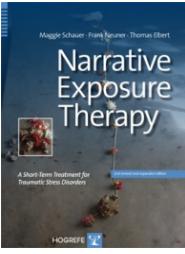
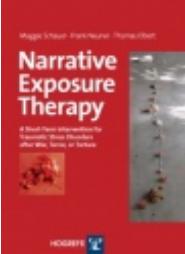
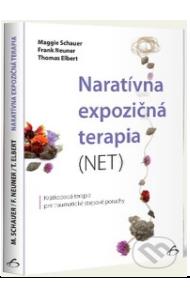


Book Chapters/Books

Treatment Manual

In Vorbereitung	(Behandlungsmanual 1. Auflage Deutsch) Schauer, M., Neuner, F. Elbert, T. <i>Narrative Expositionstherapie: das Behandlungsmanual</i>, Hogrefe Göttingen
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	Schauer, M., Neuner, F., Elbert, T. (2011 2nd Edition) <i>Narrative Exposure Therapy (NET). A Short-Term Treatment for Traumatic Stress Disorders</i>. Cambridge/ Göttingen: Hogrefe & Huber Publishers. ISBN: 978-0-88937-388-4
	Schauer, M., Neuner, F., & Elbert, T. (2005 1st Edition). <i>Narrative exposure therapy: A short-term intervention for traumatic stress disorders after war, terror, or torture</i> . Hogrefe & Huber Publishers. ISBN: 088937290X
	<i>Japanese Edition</i> ナラティブ表出療法(NET)訓練マニュアル: 児童・青年のPTSDの介入 (第2版) Schauer, Maggie / Neuner, Frank / Elbert, Thomas; <i>Narrative Exposure Therapy : A Short-Term Intervention for Traumatic Stress Disorders</i> . Translated by Mori,S., Akashi,K., Makita,K., & Mori,T., Tokyo: Kongōsyuppan. Publisher, 2010
	<i>French Version:</i> Zech, E., & Vandebussche, F. (Eds.). (2011). <i>La thérapie par exposition à la narration de Schauer, Neuner et Elbert: manuel de traitement de l'état de stress post-traumatique après la guerre, la torture et la terreur</i> . Presses univ. de Louvain.

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	<p>Italian Edition: Schauer, M., Neuner, F., Elbert, T. (2014) Terapia dell'esposizione narrativa: Un trattamento a breve termine per i disturbi da stress traumatico Traduzione di Elisa Danese, Giovanni Fioriti (Editore): Roma/Italy.</p>
	<p>Korean Edition <i>Narrative Exposure Therapy : A Short-Term Intervention for Traumatic Stress Disorders (PAP)</i>, 2nd Edition Schauer, Maggie / Neuner, Frank / Elbert, Thomas 2014; Sigma Press: Seoul/Korea.</p>
	<p>Slovak Edition Schauer, M., Neuner, F., Elbert, T. (2014). <i>Narativna expozičná terapia</i>. Bratislava, Martinus</p>
	<p>Persian Edition Maggie Schauer, Frank Neuner, Thomas Elbert. (Second Edition). مواجهه درمانی روایتی: روش درمانی کوتاه‌مدت برای اختلال‌های استرسی آسیب‌زد (Narrative Exposure Therapy: A short-term treatment for traumatic stress disorders) ترجمه: مینا اورنگ، انتشارات ارجمند. تهران/ایران Translated by Mina Orang, Arjmand Publication: Tehran/Iran.</p>

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Narrative Exposure Therapy on youtube:

[https://www.youtube.com/watch?v=-tFawq9hWls \(German\)](https://www.youtube.com/watch?v=-tFawq9hWls)

[https://www.youtube.com/watch?v=GhyDpIT_uIM \(English\)](https://www.youtube.com/watch?v=GhyDpIT_uIM)

<https://www.researchsquare.com/article/rs-8995/v1>

NET is an evidence based treatment

In general:

- Many studies (RCT's) conducted
- Good applicable for a wide range of patients
- Good effect sizes even in severely traumatized and highly burdened patient groups
- Relatively low drop-out rates
- Effects better at follow-up (6 months or longer)

Recent Guidelines

American Psychological Association (APA, 2017; <https://www.apa.org/ptsd-guideline/treatments/narrative-exposure-therapy>):

- Offer: cognitive / cognitive behavioral therapy, cognitive processing therapy, and prolonged exposure therapy
- Consider: eye movement desensitization and reprocessing, **narrative exposure therapy**, and brief eclectic psychotherapy
- For patients with PTSD, we recommend individual, manualized trauma- focused psychotherapies that have a primary component of exposure and/or cognitive restructuring to include Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Eye Movement Desensitization and Reprocessing (EMDR), specific cognitive behavioral therapies for PTSD, Brief Eclectic Psychotherapy (BEP), **Narrative Exposure Therapy (NET)**, and written narrative exposure. **(Strong For)**

National Institute for Health and Care Excellence (NICE, 2018):

- Offer: cognitive processing therapy, cognitive therapy, **narrative exposure therapy**, prolonged exposure therapy
- Consider: EMDR *after a non-combat-related trauma* if the person has a preference for EMDR, and trauma-focused computerised CBT if they prefer it to face-to-face

Departments of Veterans Affairs/ Department of Defense, USA

Clinical Practice Guidelines for the Management of PTSD and Acute Stress Disorder, Clinical Summary 2017

For patients with PTSD, we recommend individual, manualized trauma- focused psychotherapies that have a primary component of exposure and/or cognitive restructuring to include Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Eye Movement Desensitization and Reprocessing (EMDR), specific cognitive behavioral therapies for PTSD, Brief Eclectic Psychotherapy (BEP), **Narrative Exposure Therapy (NET)**, and written narrative exposure. **Strong For. Reviewed, New-replaced**

Reviews and Meta-analyses:

New NET metaanalysis is just about to be published/currently still embargoed

ØRobjant & Fazel (2010): The emerging evidence for NET: A review

ØMcPherson (2012). Does NET reduce PTSD in survivors of mass violence?

ØGwozdziewycz & Mehl-Madrona (2013): Meta-Analysis of the Use of NET for the Effects of Trauma Among Refugee Populations

ØLely, Smid, Jongedijk, Knipscheer, & Kleber (2019): The effectiveness of NET: a review, meta-analysis and meta-regression analysis

Not only for refugees

Lely, Smid, Jongedijk, Knipscheer, & Kleber (2019):

- Selected studies showed high external validity: 16 RCT's, 947 participants
- PTSD: effect sizes were found to be large at post-treatment ($g = 0.77$) and larger at follow-up ($g = 1.08$).
- Depression: effect sizes were found to be small at posttreatment ($g = 0.34$) and medium at follow-up ($g = 0.67$).
- In sum: effect sizes were positive in severely traumatized and highly burdened patient groups – also at follow-up

ØNET for **Borderline Personality Disorder** with comorbid posttraumatic stress disorder (Pabst et al., 2014)

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ØNET for **Traumatized Firefighters** in Saudi Arabia (Alghamdi et al., 2015)

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ØNET in patients with **Severe Mental Illness** and comorbid PTSD (Mauritz et al., 2016)

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ØNET for **Elderly Traumatized People**: in Romania (Bichescu et al., 2007) and in the Netherlands (Lely et al., 2019)

MATERIAL ON NET (LAST UPDATE JANUARY 2021)

ØNET for **(Child) Soldiers and Veterans** (Hecker et al., 2015)

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ØNET for **Victims of Human Trafficking** (Robjant et al., 2017; Ghafoerkhan, 2020)

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ØNET for **Undocumented Refugees** in the Netherlands (Lahuis et al., 2019)

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ØNET for **Traumatized Streetchildren** (Crombach & Elbert, 2015)

NET Adaptations

Among others:

NET Adaptations/Further Developments:

- KIDNET: for children (Kaiser / Schauer / Ertl, etc.)
- FORNET: for perpetrators / offenders (Elbert / Hecker / Crombach, etc.)
- NET-TG: NET for Traumatic Grief (Smid et al.)
- NET in a day treatment setting (De la Rie et al., 2020)
- High Intensive NET in an inpatient setting (Verdoorn-Strijk et al.)
- NET-facts (Robjant, Schmitt et al., 2021)
- e-NET (Kaltenbach et al., 2021; Robjant, Meyer et al., 2021)