



University of Roehampton

DOCTORAL THESIS

An exploration of how veterans diagnosed with combat-related post-traumatic stress disorder experience therapy

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How do veterans who have been diagnosed with combat-related post-traumatic stress disorder experience therapy?	
<p>Tom.</p> <p>1) Relationship to the other: therapist/psychiatrist/psychologist(GP/nurse):</p> <p>Qualities of the therapist: (skills/techniques, qualification/experience, modality, personality, relationship, communication)</p>	<p>I.141: I would make the distinction between, erm, counselling and therapy [...] counselling were- erm...tended to be people less qualified [...] tended to be specifically from counselling courses, erm...whereas therapists would be, tended to be, erm... ah, psychologists and psychiatrists. That's where I make the distinction [...]</p> <p>I. 61: when I saw a psychiatrist and a psychologist at the same time, and they were focused on – it was erm...life trauma-focused therapy...and the current one that I see erm...ha-has been er ...a mix of trauma-focused therapist and erm...er-symptom management. (I. 170) I would have to think about event in great detail [...] they wanted me to think in great depth about incidents and how I felt along the way.</p> <p>I. 76: I suppose really it was complicated by the fact that, you know, if someone was looking at me they, they'd be saying 'well we'll get a dual diagnosis case here because we've got the alcohol and PTSD for some people who weren't qualified to that high a level this would have presented them with difficulty</p> <p>I. 72: you can find some-some counsellors, erm...quite-quite directive and um, wem...in-in in some cases, saying they'er...understand where you're-where you're at and it was clear to me that they-that they didn't.</p> <p>I.131 when I was in rehab I was being supported by the psychiatrist in so much as erm...he had an influence over what medication I was given</p> <p>I.202: were you drinking last night? Yes I was, what about you come back next week, but not drunk' but with no offer of maybe you can get help here or help there. Eventually I said I don't want to come back because it's too much. Disappointed because I had an expectation that they would give me some form of support.</p> <p>I. 233: oh the individual therapy is far superior to the groups that I have here.</p> <p>I.243: we tried trauma-focused and the way she one it was...recall what I could remember</p> <p>I.247: how do you feel now about what we've been talking about,? How do you currently feel? Erm 'you feel ok to be able to leave'? So she allowed extra time for that in addition to therapy time.</p> <p>I.239 I've got my appointments with my psychologist to look forward to when I leave here.</p> <p>I.280 I believe she is truly genuine.</p>