

# CETA: Common Elements Treatment Approach

## Trauma and its Effects.

Having traumatic experiences is very common. Most people will have at least one traumatic experience during their lifetime; many will have more. Everyone is affected by traumatic experiences; but the effects differ. There are differences in how severe, how long-lasting and how much the impact affects everyday life. When the distress is very intense or goes on too long, treatment that directly addresses the trauma can be very helpful.

## What is CETA?

CETA focuses on specifically targeting symptoms of posttraumatic stress, anxiety and/or depression in people affected by their traumatic experiences. The goal is to choose the treatment elements that match the symptoms and then provide the treatment elements based on what is most impacting the client. Usually sessions cover one treatment element at a time. Some elements may take more than one session. The clinical target and the treatment elements can be adjusted as treatment goes along, depending on how treatment is working. When the person is able to lower their distressing symptoms, they can return to a normal way of life. CETA contains 8 different treatment elements. The selection, order and number of sessions per element are based on the symptoms.

## How does CETA work?

First there is an assessment to find out what the primary symptoms are. A standard checklist helps with choosing the primary clinical target for starting treatment. In every case, Safety is assessed at the beginning. If there is a safety concern, it is addressed at every session. CETA always has at least one Psychoeducation session (information about the presenting problem(s), their impact, and the treatment approach). Then the different elements, their order, and their “dose” are chosen based on what is most important to target. Usually, sessions cover one element at a time.

## What are the Common Elements in CETA besides Safety and Psychoeducation?

<u>Relaxation</u>	Learning specific ways to calm the body down.
<u>Cognitive Coping</u>	Learning how thoughts are connected to feelings and behavior.
<u>Exposure-Trauma Memories</u>	Thinking about the trauma with thoughts and feelings in a safeplace.
<u>Exposure-Live</u>	Facing up to situations in real life that are causing too much distress.
<u>Cognitive restructuring</u>	Learning how to change stuck thoughts that are keeping distressgoing.
<u>Behavioral Activation</u>	Planning on and participating in pleasurableactivities.
<u>Problem Solving</u>	Learning a specific way to come up with realistic solutions to problems.

## How long does CETA take?

Usually CETA often gets results in a few months. Sometimes treatment can be shorter, sometimes a bit longer depending on the individual and their presenting symptoms.