

World Trade Center Tower 2 Survivor: EP Treatment of Long-term PTSD: A case study

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Gregory J. Nicosia, PhD

Abstract

In this case study a survivor of the Twin Towers collapse of 9/11/01 is treated for prolonged complex PTSD after several years of self-imposed seclusion. Effects of a single session of EFT assessed immediately after treatment demonstrated an elimination of clinically significant scores on the Traumatic Symptom Inventory compared to two pre-treatment assessments. Similar reductions in 4 of 7 subscales of the Personality Assessment Inventory were also evidenced. Twelve treatment sessions over 8 weeks concluded treatment with nearly complete symptom remediation and return to work. A 60 day follow-up PAI testing showed only one clinically elevated scale.