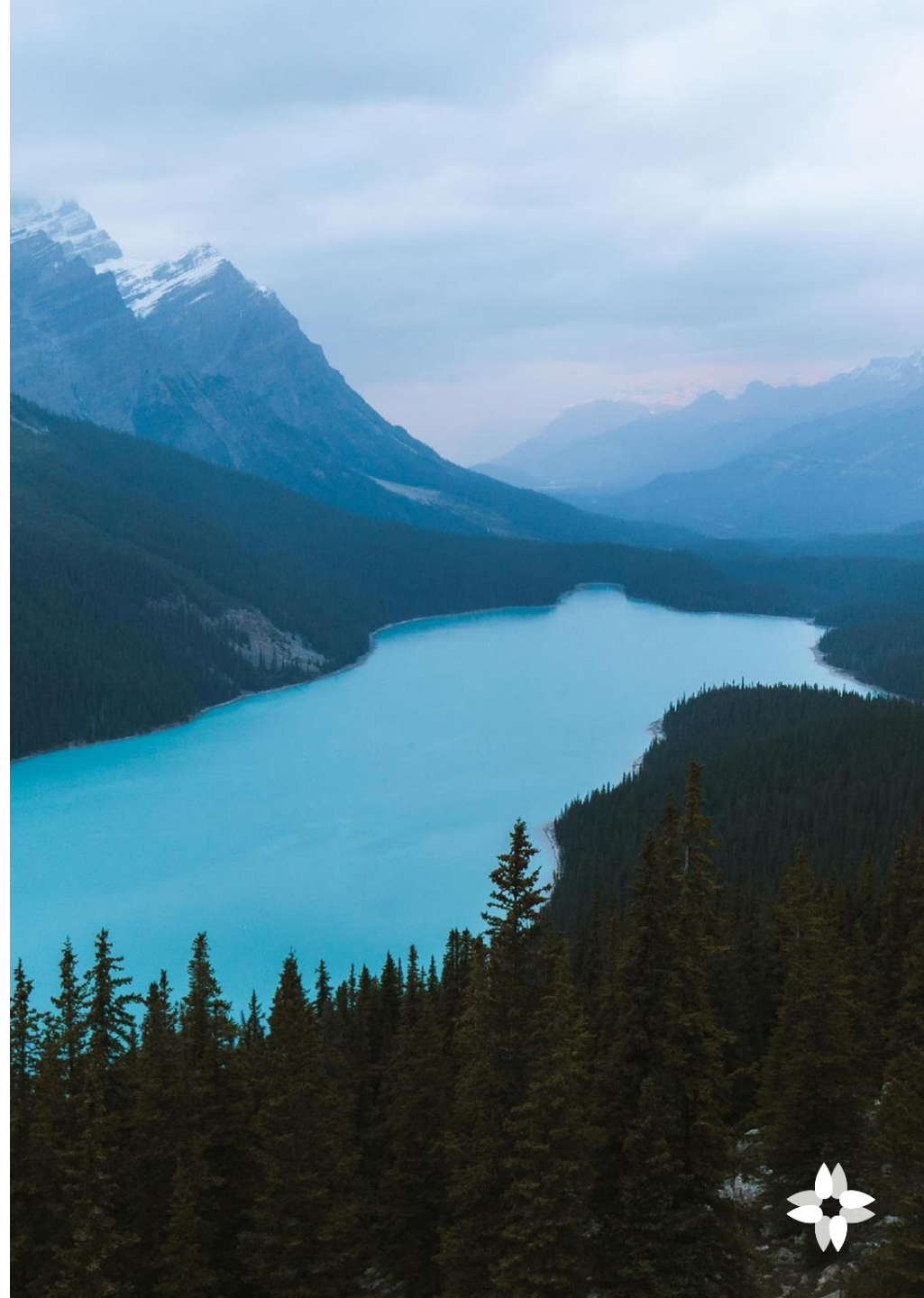


PTSD, RELATIONSHIPS & ACCESSIBLE SUPPORT

Candice Monson, PHD, C. PSYCH.
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It Takes a Village

Candice Monson, Ryerson University
Alex Crenshaw, Ryerson University
Cait Martin Newnham, York University
Kristen Whitfield, Ryerson University
Lindsay Fulham, York University
Victoria Donkin, Ryerson/York University
Desiree Mensah, York University
Don Proctor, Sugarplum, Inc.
Kayla Knopp, San Diego VA Healthcare System,
NCPTSD-PID, University of California at San Diego
Norman Shields, Royal Canadian Mounted Police
Maya Roth, VAC Operational Stress Injury Clinic
(OSIC), Parkwood Institute

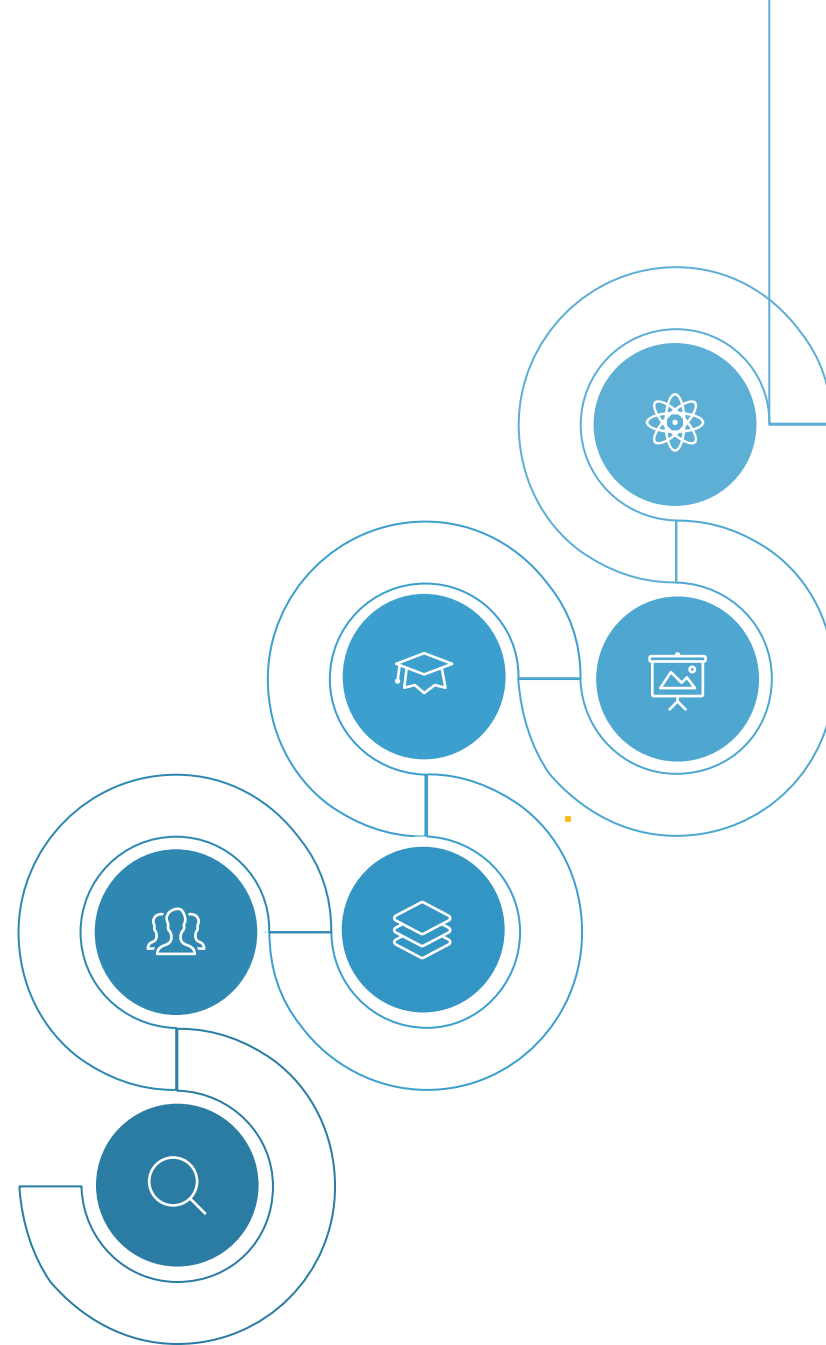
Skye Fitzpatrick, York University
Anne C. Wagner, Ryerson University & Remedy
Centre
Robert Valela, Ryerson University
Meredith Landy, Ryerson University
Sonya Varma, York University
Alyssa Di Bartolomeo, York University
Alexis Collins, Ryerson University
Alec Toller, Circlesnake Productions
Brian Doss, University of Miami
Leslie Morland, San Diego VA Healthcare System,
NCPTSD-PID, University of California at San Diego
Alice Mohr, Department of National Defense



Agenda

PTSD, Relationships and Accessible Support

- ✓ Who Am I?
- ✓ The Link Between PTSD & Relationships
- ✓ Conjoint Interventions for PTSD
- ✓ Barriers to Accessing Treatments
- ✓ Couple HOPES
- ✓ Next Steps



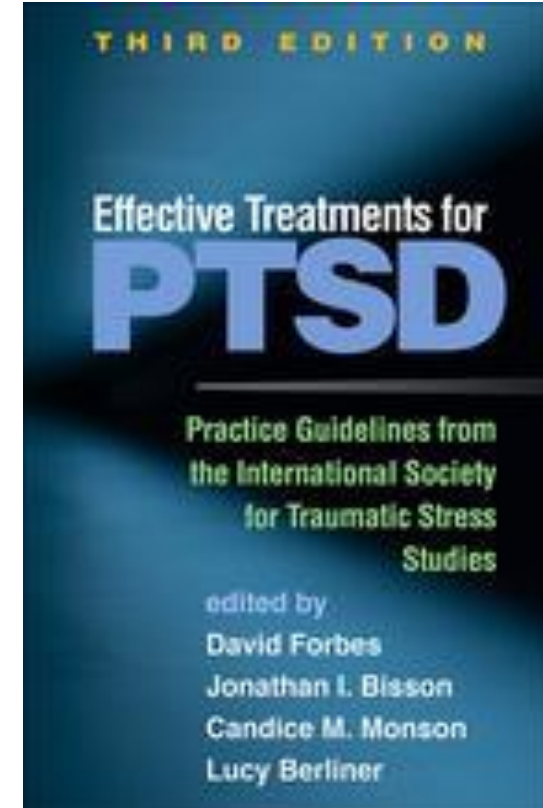
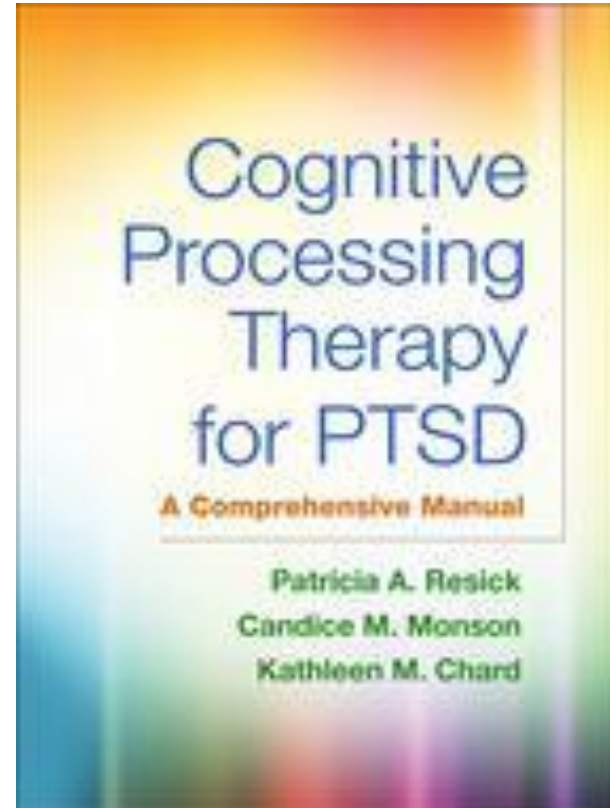
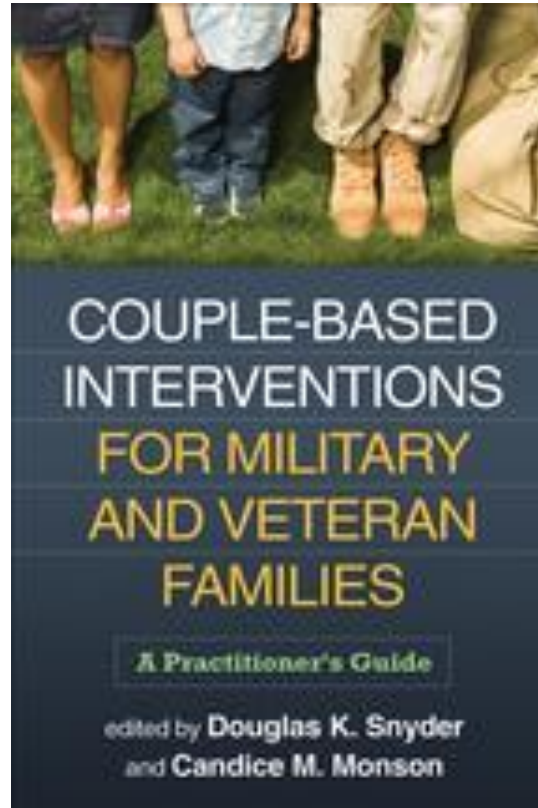


Cognitive-Behavioral Conjoint Therapy for PTSD



Harnessing
the Healing Power
of Relationships

Candice M. Monson and Steffany J. Fredman





THE LINK BETWEEN PTSD & RELATIONSHIPS

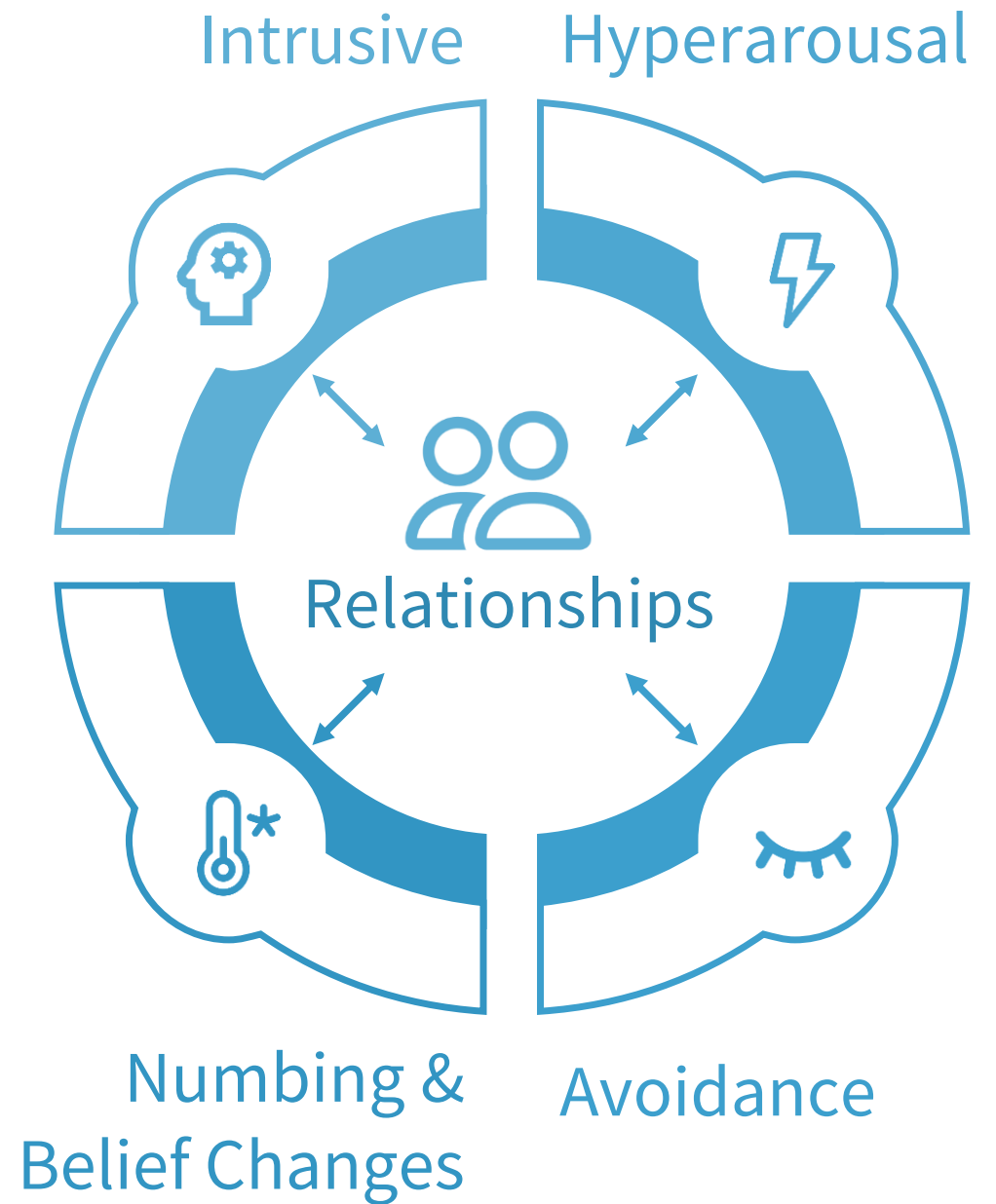


PTSD comes from exposure to trauma

PTSD is often higher in groups that are frequently exposed to trauma, like military, veterans, and first responders.



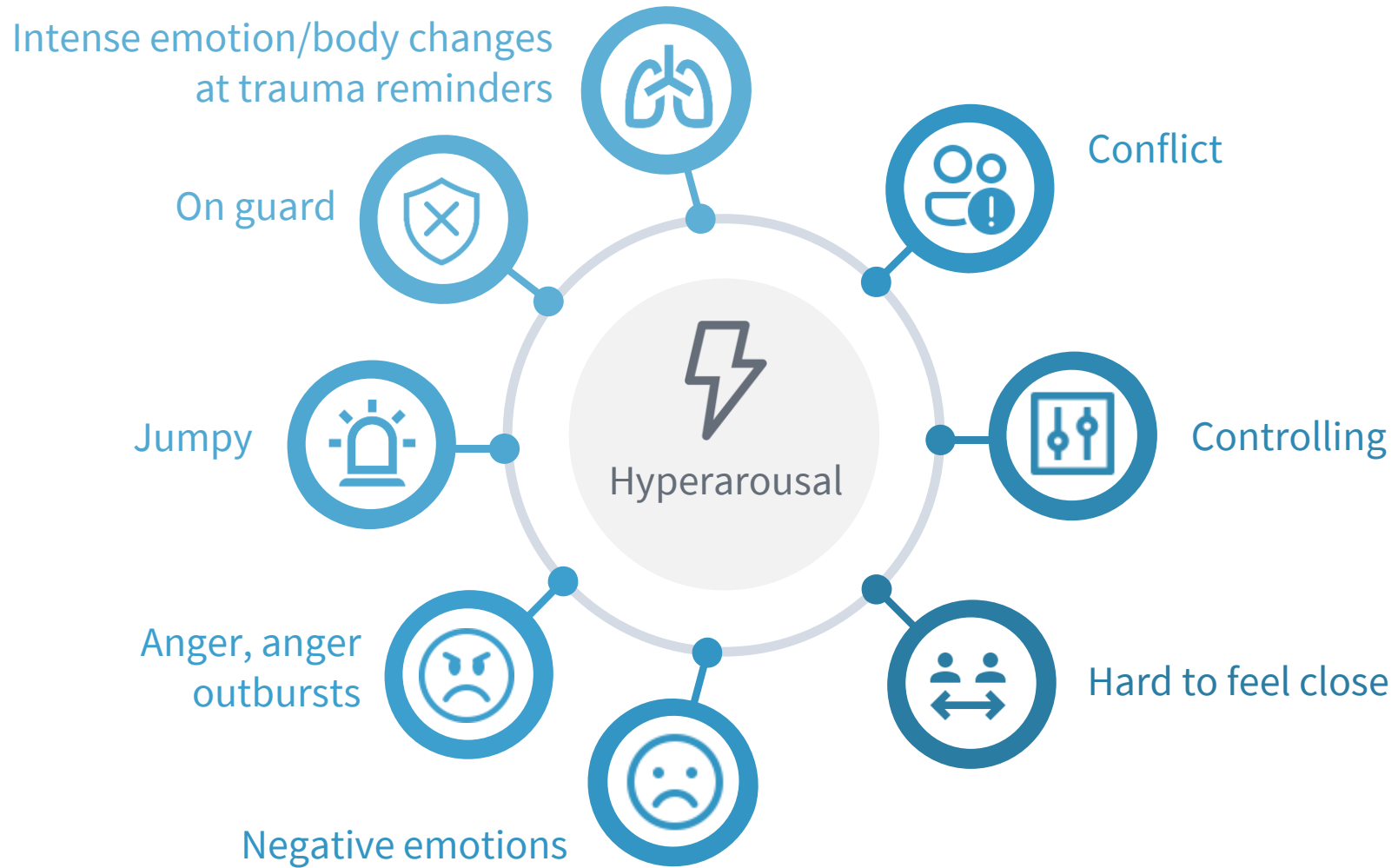
The Link Between PTSD & Relationships





Trauma Intruding On Life





Hyperarousal





“Accommodation”

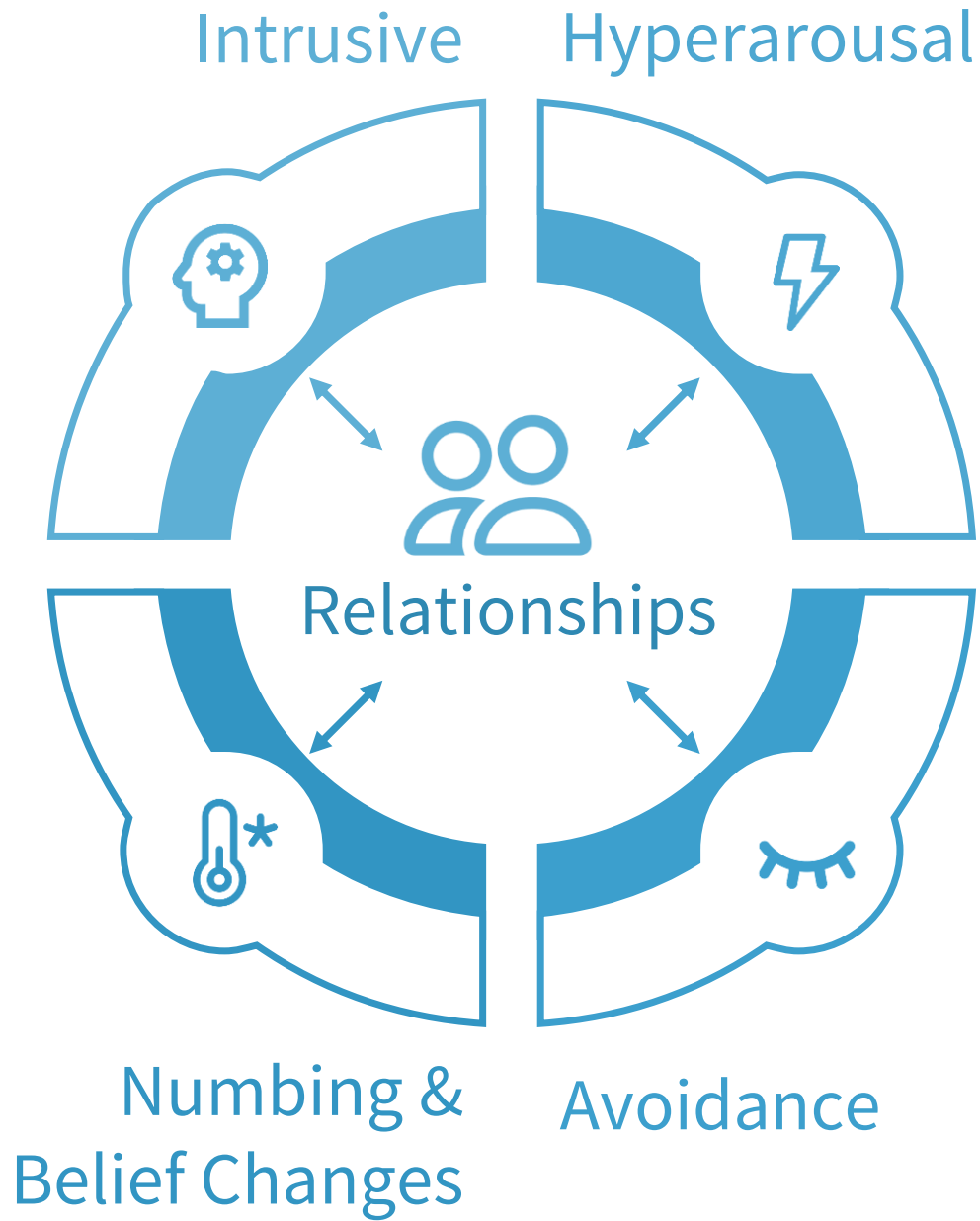
Avoiding Trauma Reminders

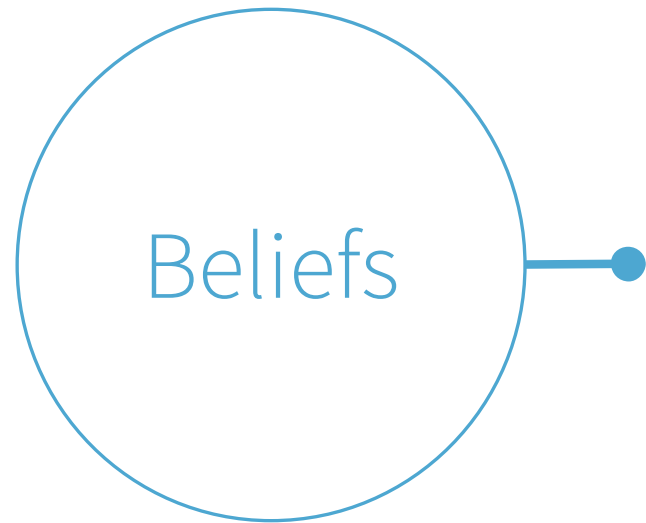




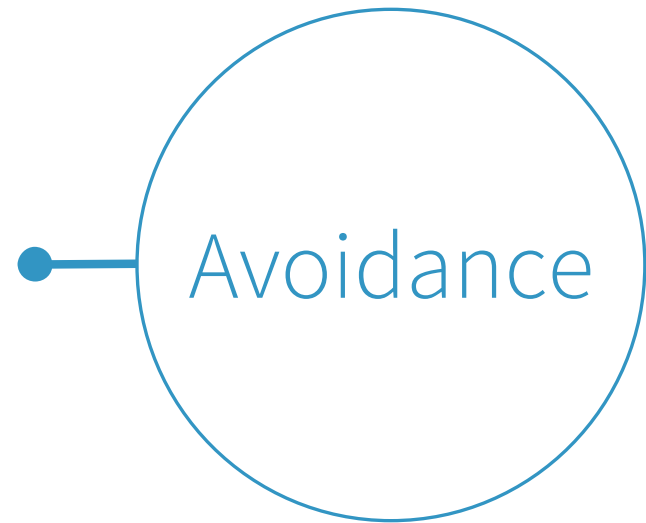
Numbing is Escape From Distress







What causes
and keeps
PTSD going?



Partner's Role in Talking About PTSD

Specific Reactions to Trauma Can Obstruct Trauma Recovery

-  Treating differently
-  Victim blame
-  Distraction
-  Egocentric
-  Control





Avoidance can prevent recovery



Accommodation can prevent recovery



Relationships as opportunity to push back against avoidance and promote recovery by sharing thoughts and feelings about the trauma



Talking to loved ones about trauma is good, but how we talk about it can be more or less useful

Quick Takeaway

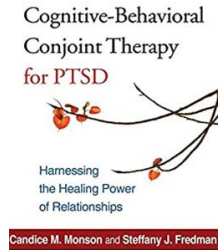


CONJOINT INTERVENTIONS FOR PTSD



Cognitive Behavioural Conjoint Therapy (CBCT) for PTSD

Monson et al., 2012; Liebman et al., 2020



Treatment delivered to people with PTSD and their loved one at the same time



Enhancing communication and relationship functioning



Targeting PTSD by undermining avoidance and learning how to share and think about trauma differently



Research suggests is effective in reducing PTSD and enhancing relationship functioning



Broader treatment effects observed as well





 Access barriers



 Geographic constraints



 Stigma



 COVID-19

But There Are **Barriers**



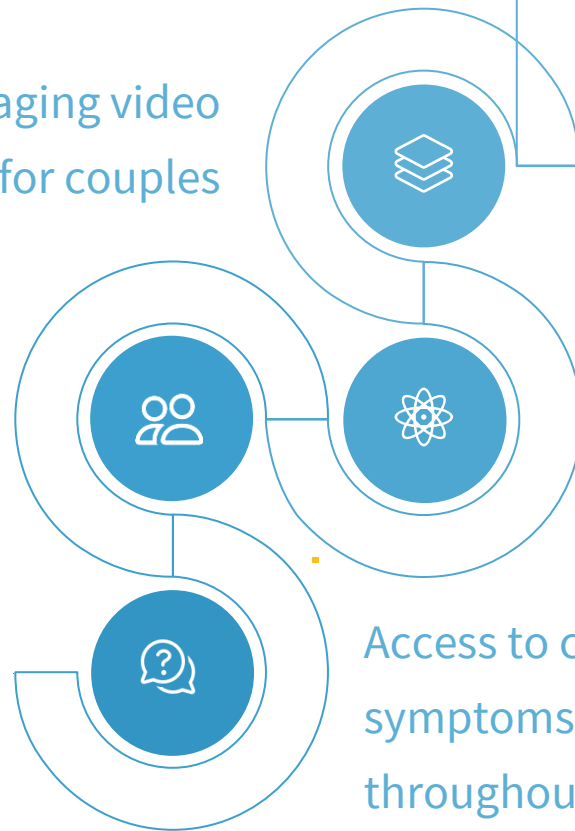
COUPLE HOPES

HELPING OVERCOME PTSD AND ENHANCE SATISFACTION



7 interactive modules with engaging video content and interactive exercises for couples

Helping couples come together to fight PTSD as a team



Based on leading PTSD science and CBCT for PTSD

Access to coaches who monitor changes in symptoms and relationship satisfaction throughout program, and help people get the most out of the program

What is Couple HOPES?

www.couplehopes.com



The Goal

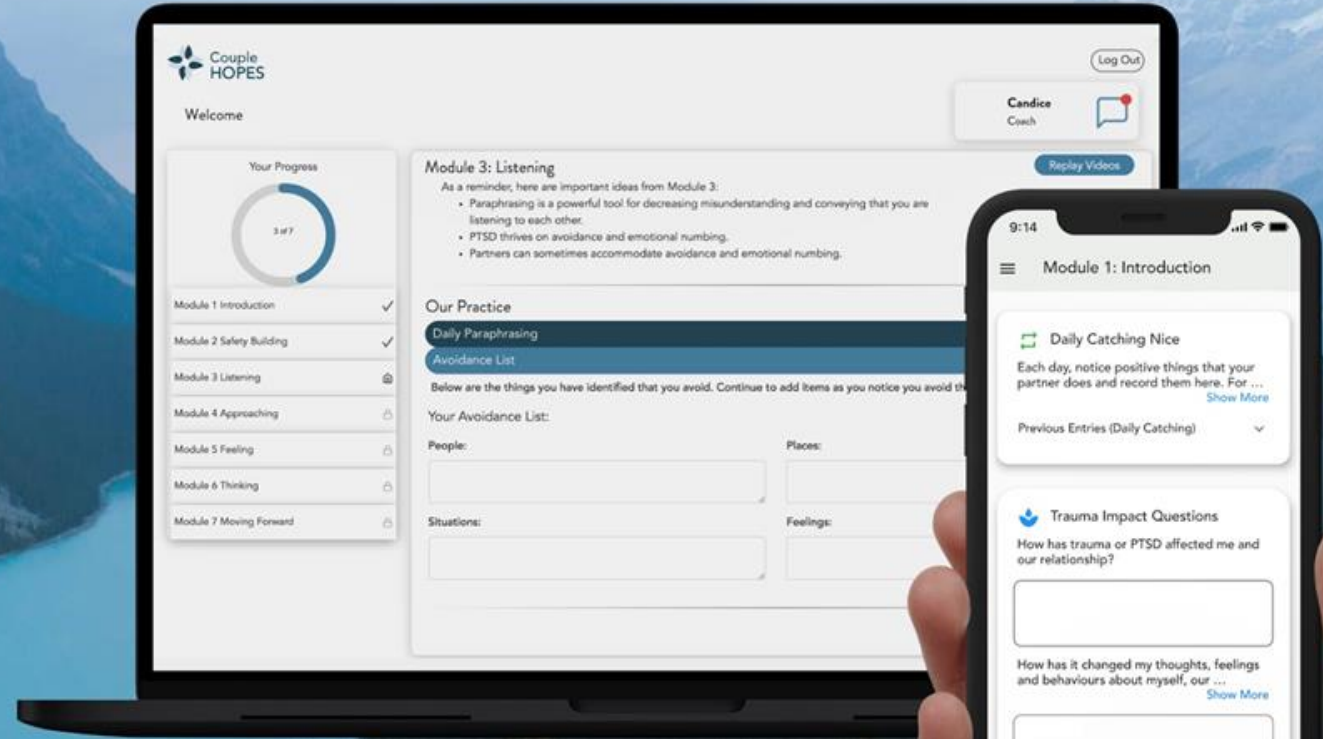
Reduce PTSD and Enhance Relationship Satisfaction

- ✓ Understanding trauma and PTSD in our relationship
- ✓ Improving communication
- ✓ Working together to combat avoidance
- ✓ Connecting by sharing feelings
- ✓ Connecting by sharing and understanding thoughts



You don't have to do this alone.

Couple HOPES is an online PTSD intervention that gives you and your partner tools to improve PTSD symptoms and enhance your relationship with the support of a Couple HOPES Coach.

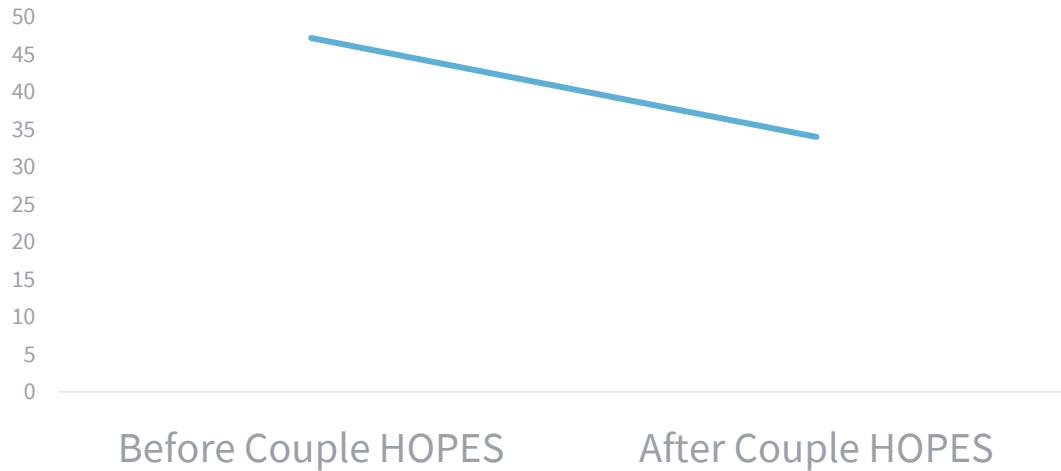


WHAT IT IS

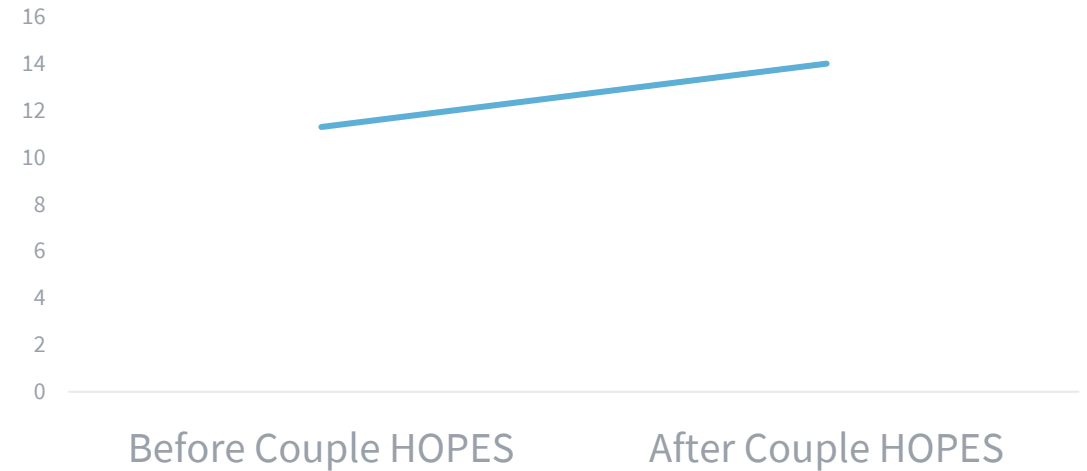
HOW IT WORKS

NEXT STEPS

PTSD Symptoms (person with PTSD)



Relationship Satisfaction (significant other)



Early data is promising



A PROMISING PATH AHEAD



- ✓ Currently recruiting couples wherein one member:
 - Has PTSD symptoms
 - Is a military member, veteran, first responder, or healthcare worker
- ✓ Participants of the study get access to the intervention for free
- ✓ Participants of the study are paid for study assessments
- ✓ Individuals don't need a PTSD diagnosis to sign up

Next Steps: Further Testing



**INTERESTED IN
LEARNING MORE?**

VISIT [COUPLEHOPES.COM](https://couplehopes.com)



THANK YOU!

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