



Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 5, May 2026



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<https://eurekaoa.com/index.php/5>

INTEGRATIVE PSYCHOTHERAPY METHODS IN THE TREATMENT OF POST-TRAUMATIC STRESS DISORDER IN ADULTS: CLINICAL EFFECTIVENESS AND INTERVENTION STRATEGIES

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ISSN 2760-4942 (Online) Volume 2, Issue 5, May 2026



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Abstract

Post-Traumatic Stress Disorder (PTSD) is a severe psychological condition resulting from experiencing or witnessing traumatic events involving threats to life, health, or personal integrity. In recent years, the demand for psychotherapeutic support for PTSD has increased significantly, particularly among veterans, victims of violence, accidents, disasters, and forced migration. In this context, **integrative psychotherapy** approaches, which combine elements from various schools, have gained importance.

This paper aims to analyze the clinical effectiveness of integrative psychotherapeutic strategies in the treatment of PTSD in adults and to identify the key factors that determine long-term therapeutic success. The methodology is based on a systematic review of therapeutic modalities, including cognitive behavioral therapy (CBT), EMDR (Eye Movement Desensitization and Reprocessing), gestalt therapy elements, body-oriented techniques, and mindfulness-based interventions.

Results indicate that **combined approaches** significantly improve long-term outcomes, reduce symptom severity (anxiety, flashbacks), enhance emotional regulation, and improve social functioning. The adaptability of therapy depending on PTSD phase (acute, delayed, chronic) and individual psychological profiles is critical for success.

Thus, an integrative approach allows for personalized, flexible, and phase-sensitive treatment while minimizing retraumatization and fostering therapeutic alliance. Future studies should focus on culturally adaptive and clinically standardized intervention protocols.

Keywords: PTSD, psychotherapy, integrative approach, CBT, EMDR, clinical outcomes, adults.

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ИНТЕГРАТИВНЫЕ МЕТОДЫ ПСИХОТЕРАПИИ В ЛЕЧЕНИИ ПОСТТРАВМАТИЧЕСКОГО СТРЕССОВОГО РАССТРОЙСТВА У ВЗРОСЛЫХ: КЛИНИЧЕСКАЯ ЭФФЕКТИВНОСТЬ И СТРАТЕГИИ ВМЕШАТЕЛЬСТВА

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Аннотация

Посттравматическое стрессовое расстройство (ПТСР) представляет собой тяжёлое психическое состояние, развивающееся в ответ на переживание экстремального травматического события, угрожающего жизни, здоровью или целостности личности. В последние годы отмечается рост числа

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обращений за психотерапевтической помощью по поводу ПТСР, особенно среди ветеранов, жертв насилия, аварий, катастроф и миграционных кризисов. В условиях возрастающего запроса на персонализированную и гибкую помощь всё большее значение приобретают интегративные методы психотерапии, сочетающие подходы из разных школ.

Целью данного исследования является анализ эффективности интегративных психотерапевтических стратегий, применяемых для лечения ПТСР у взрослых, а также определение ключевых факторов, влияющих на устойчивость результатов терапии. Методология основана на систематическом обзоре современных психотерапевтических подходов, включающих когнитивно-поведенческую терапию (КПТ), EMDR (десенсибилизация и переработка движением глаз), элементы гештальт-терапии, телесно-ориентированные практики и майндфулнес.

Результаты показывают, что использование комбинированных методов значительно повышает устойчивость ремиссии, снижает выраженность симптомов тревоги и флэшбэков, способствует восстановлению эмоциональной регуляции и повышению уровня социального функционирования. Особенно эффективной оказывается модуляция терапии в зависимости от фазы ПТСР (острая, затяжная, хроническая), а также индивидуальных психотипологических особенностей пациента.

Таким образом, интегративный подход позволяет не только гибко адаптировать терапию под конкретного пациента, но и минимизировать риск ретрауматизации, повысить уровень доверия и устойчивость мотивации. Дальнейшие исследования должны быть направлены на разработку структурированных протоколов, адаптированных к разным культурным и клиническим условиям.

Ключевые слова: ПТСР, психотерапия, интегративный подход, КПТ, EMDR, клиническая эффективность, взрослые пациенты.

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Introduction

Relevance

Post-traumatic stress disorder (PTSD) is recognized as one of the most severe forms of mental disorders resulting from extreme psychotraumatic events. It is accompanied by persistent emotional disturbances, behavioral disorders, memory and perception dysregulation, and impairment of social and professional functioning. The relevance of this problem is due not only to the high prevalence of PTSD in the global population but also to the insufficient effectiveness of traditional therapeutic interventions in a significant number of patients.

According to the WHO, up to 3.6% of the world's adult population suffers from PTSD, and in regions affected by military conflicts, disasters, migration crises, and epidemics, this figure increases by 3-5 times. Particularly vulnerable groups include combat veterans, victims of violence (including sexual and domestic violence), refugees affected by natural disasters, and healthcare workers facing difficult clinical situations [3]. Despite the availability of developed psychotherapeutic models such as cognitive behavioral therapy (CBT), exposure therapy, and EMDR, partial symptom stability, a high risk of relapse, and decreased motivation for treatment are often observed. This is due to individual differences in the clinical picture, comorbid psychopathology (depression, anxiety disorders, addictions), and the patient's social and cultural environment [1,4,5].

Under these conditions, interest is growing in integrative psychotherapy models, which involve combining techniques from various approaches (CBT, EMDR, psychoanalysis, Gestalt therapy, body-oriented therapy, mindfulness, etc.) depending on the specific characteristics of the case. An integrative approach allows for consideration of symptom dynamics, personality structure, motivational resources, and the phase of the disorder. This makes treatment more flexible, personalized, and tailored to the patient's specific needs [6,9]. Furthermore, the question of the cross-cultural applicability of psychotherapy for

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PTSD is increasingly being raised in clinical practice, particularly among migrants, ethnic minorities, and patients with religious or ethnocultural sensitivities. Integrative approaches help resolve the tension between Western protocols and local traditions of psychosocial support [11].

Finally, the post-COVID reality, accompanied by an increase in anxiety, depressive, and stress disorders, has sharply increased the need for effective, short-term, and reproducible methods of psychotherapeutic care [10]. An integrative model of PTSD therapy, taking into account the multifactorial (biopsychosocial) nature of the disorder, is becoming not only a clinically but also a socioeconomically justified strategy.

Thus, research into the effectiveness of integrative psychotherapy methods for PTSD is timely, practically significant, and meets the challenges of modern evidence-based medicine and psychological practice.

Purpose of the Study To evaluate the clinical efficacy of integrative psychotherapeutic approaches in the treatment of post-traumatic stress disorder in adults and to identify optimal intervention strategies based on the PTSD stage, patient personality type, and associated disorders.

Study Materials and Methods: A clinical and psychological comparative study was conducted to evaluate the efficacy of various psychotherapeutic approaches in adult patients with post-traumatic stress disorder (PTSD). The study was prospective, quasi-experimental, and included a control group.

Study Results. The study analyzed clinical and psychological data from 72 adult patients diagnosed with post-traumatic stress disorder (PTSD) who were undergoing outpatient treatment. Patients were divided into two groups:

– The intervention group (n=36) received integrative psychotherapy (CBT, EMDR, mindfulness, and bodywork);

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– The control group (n=36) underwent cognitive behavioral therapy monotherapy according to a standard protocol.

After completing the 12-week course of therapy, the average PCL-5 score in the intervention group decreased from 62.1 to 29.3 ($p < 0.001$), indicating a significant reduction in symptom severity.

In the control group, the decrease was from 60.8 to 39.4 ($p < 0.01$), also demonstrating an effect, albeit less pronounced.

Table 1. Comparative dynamics of PCL-5 indicators in patients before and after therapy.

Group	Before therapy (PCL-5)	After therapy (PCL-5)	Δ Change	p- value
Main (integrated)	62,1 \pm 8,4	29,3 \pm 6,1	-32,8	<0,001
Control (CBT)	60,8 \pm 7,9	39,4 \pm 7,6	-21,4	<0,01

Emotional state and comorbid symptoms

According to the Beck Depression Inventory (BDI), improvements were more pronounced in the intervention group: the mean score decreased from 25.6 to 11.3 (moderate \rightarrow minimal depression), while in the control group it decreased from 24.9 to 16.4.

According to the Spielberger Anxiety Inventory, mean scores decreased by 41% in the intervention group and by 28% in the control group. This confirms the more rapid regulation of affective reactions during integrative therapy.

Quality of life (WHOQOL-BREF)

WHOQOL-BREF quality of life scores increased in all domains (physical, psychological, social, and environmental), but especially in the psychological domain:

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Table 2. Comparative assessment of improvement in patients' quality of life by WHOQOL-BREF domains.

Domain	Main group	Control group (Δ)
Physical health	+18,2%	+11,4%
Psychological health	+27,9%	+15,7%
Social connections	+22,6%	+13,3%

Environment +16.4% +10.9%

Stability of Therapeutic Effect

Three months after completing therapy, 83% of patients in the intervention group-maintained symptom remission, compared to 64% in the control group. This may be due to the fact that the integrative therapy model developed a broader range of self-regulation skills in patients and enabled deeper processing of traumatic experiences.

Therapeutic Alliance and Satisfaction

The Working Alliance Inventory (WAI) scale showed that the subjective sense of trust and involvement in the therapeutic process was higher in patients in the intervention group. The average score was 5.4 versus 4.6 (out of 7). Patients noted that the variety of methods allowed them to avoid getting stuck on difficult topics and felt supported.

Conclusion

Integrative psychotherapy demonstrated high clinical efficacy in the treatment of PTSD compared to standard CBT monotherapy. A more significant reduction in anxiety-depressive symptoms and an improvement in quality of life were observed.

Combined methods increased the stability of remission and promoted a better therapeutic alliance.

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The results support the feasibility of developing personalized integrative treatment protocols for PTSD.

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