

DO YOU KEEP THINKING ABOUT THE TRAUMATIC EVENTS THAT HAPPENED TO YOU BEFORE, DURING AND/OR AFTER REFUGE?

ARE YOU OFTEN TIRED AND HAVE DIFFICULTY CONCENTRATING?

DO YOU OFTEN FEEL SAD, DEPRESSED AND POWERLESS?

Such symptoms can occur in the aftermath of traumatic events and lead to increasingly severe distress.

Narrative Exposure Therapy

NET

is a psychotherapeutic procedure that has been shown to reduce such symptoms. Sports activity can support this treatment and help you feel better again.



@net_studie_uds



NET Studie Uds



Participants needed

How we can help you:

NET is used primarily after the experience of traumatic events. The goal of NET is to process traumatic events, place them in memory, and thus reduce the symptoms of PTSD and the resulting distress. To reduce negative feelings and thoughts, building activity in the form of endurance sports has proven to be effective.

Study procedure:



- Screening
- Psychological investigation
- Medical investigation
- Narrative Exposure Therapy
- +potentially moderate intensity exercise

Treatment location:

Center of Behavior Therapy, University of Saarland, Campus Gebäude A1.3, 66123 Saarbrücken



No knowledge of German is required for participation - language mediators are available, if needed.

If you have any questions or are interested in participating in the study, please contact us by e-mail or telephone:

e-mail: charina.lueder@uni-saarland.de

telephone: +49 681 302-71037



You can find more information on our website:
<https://www.uni-saarland.de/lehrstuhl/michael/net-studie.html>