

SUMMARY

Introduction :-

Post traumatic stress disorder (PTSD) is one of the contemporary terms, in both of psychology and psychiatry. It appeared for the first time in 1980. It is a psychological disorder, affecting some individuals subjecting to traumatic events, either directly or indirectly, as they are affected with some symptoms, the most important of them are: the frequency of the traumatic event experience, avoidance, extreme excitement, childish response, guilt feelings, fear, anxiety, depression, and some psychosomatic symptoms accompanying this disorder.

The researcher revealed that (PTSD), affects considerable numbers of individuals, after of major traumatic events, earthquakes, and the accidents of the means of transportation and others. But that is not a general rule, as the symptoms do not only, appear due to the conditions accompanying the last trauma affecting the individual, but also due to the conditions occurred in the previous traumatic events. Despite that we may assume that that individuals affected by this disorder, lost great part of their psychological energy, either in the form of suppressions or defenses, conflicts between suppressions and defenses. That means that energy available for the ego, is weak, and cannot cope with the traumatic event, so the symptoms appear, in the form of adaptive regressive solutions.

So the researcher has to select the suitable psychological therapy, so that the ego may gain its lost strength and energy. The said therapy helps the patients to gain insight of their selves, problems, traumatic experiences, reveal themselves, and suppressive feelings relating the first moments of the occurrence of the traumatic event, or the experiences related to previous traumatic experiences. The researcher discovered that the psychological group analysis, can relief the patients from the symptoms of (PTSD), through strengthening the energy of the ego, and helping it to confront what suppressed previously.

Whereas the essence of the research problem is focused on revealing the individuals suffering (PTSD), and trying to alleviate its severity, through using psychoanalytical group therapy. So the researcher started to use the techniques of this therapy, within the framework of the psychoanalytical group therapy, as the free association was used, in addition the technique of interpretation to explain the associations, deduction, resistance and dreams interpretation, and lapses. In addition to the different roles the researcher performed within the therapeutic groups Aiming at facilitating the reactions, either through direction, monitoring motivation and broadening the reactions inside the therapeutic group or through providing support, reinforcement, and suitable interpretations. In addition to the personal interviews within the individual sessions aiming at studying the history cases and preparing the cases for the participation in the group sessions, their dates and places were previously fixed before their beginnings. So the effectiveness of the psychoanalytical group therapy program was proved. In addition to the researcher handling the research problem, and the realization of the study aims.

Study aims

1. Defining the possibilities of using a therapeutic program, based on the techniques of the psychoanalytic group therapy, to alleviate PTSD, in Yemenite sample.
2. Studying the effect of the type of the trauma, focusing on the war trauma in relation to its location, intensity, and gender of the persons affected by it .

Study terms

• Trauma

Serious event occurs suddenly or not-suddenly in the life of an individual.
e.g. exposure to violence, displacement, threate of killings, the denial of

friends, family members, work supervisors or others. So the individual finds himself helpless , consequently loosing his ability to act naturally. (The researcher).

- **Post traumatic stress disorder**

A psychological disorder, either occurs directly following the exposure of the individual to serious trauma, in his life, or it may delay for sometime. It frequently affects the persons who are suddenly confronting the trauma, while lacking adequate experiences, in relation to life and its events. Or they may exposed to leading to the appearance of illness at their end, even if it is weakinitis end , and accompanied with other symptoms of other disorders.

- **Psychoanalytic group therapy**

The type of treatment that combines the two methods: The group therapy, and the psychoanalytical treatment. The therapist defines the suitable group for the patient, according to his disorders and needs. The therapist makes his decision, following the individual sessions, in addition to the group sessions. A psychoanalyst controls the group sessions, and the methods used in them, are similar to the methods of analytical therapy, not restricted to one but many several patents , i.e. the members of the group, suffering similar illnesses and conditions leading to them. Within the sessions the therapist discusses the obsessions and the dreams of the patients, and helps them to recall the past and reliving its events, namely what is related to their families, parents. The therapist analyzes the relations of the group members with each other, and their emotions, using the concepts of Freud and his method of free association and deduction.

(Abdul ElMoneum ElHefeni 1995, P. 1022).

Study Hypotheses :-

- 1- There are statistically significant differences between means of scores of the experimental and the control group on the scale of (PTSD), after the application of the program for the experimental group .
- 2- There are no statistically significant differences between the experimental male and female groups on the (PTSD) scale after the program application .
- 3- There are statistically significant differences between the study group related to the interaction of the program and the sex variables
- 4- There are statistically significant differences between the experimental and the control group after the follow up for the side of the experimental group .
- 5- There are significant differences between the study groups on the (PTSD) scale after the follow up.
- 6- There are statistically significant differences between the study groups on the (PTSD) scale after the follow up related to the interaction of the two variables of the study .

Is the researcher was looking for studying the type of the trauma and the “ war trauma “ in view of assuring a comprehensive overview of the study about the PTSD in the Yemenite environment in that it is considered to be the most type of violence

from man to his broth . so he formed more hypotheses to give a whole sigght on the yemenite environment.

- 7- There are statistically significant differences between the war groups (North – middle – south) and the earthquake trauma group on the (PTSD) scale for the side of the war groups .
- 8- There are statistically significant differences between the war groups (North – middle – south) and the group of transport trauma on the (PTSD) scale for the side of the war groups .
- 9- There are statistically significant differences between the war groups (North – middle – south) and the other trauma groups on the (PTSD) scale for the side of the second group .
- 10- There are statistically significant differnces between the earthquake trauma and the transport trauma , on the (PTSD) scale for the side of the second group .
- 11- There are statistically significant differences between the earthquake and the other types of trauma on the (PTSD) scale for the side of the second group .
- 12- There are statistically significant differences between the transport group and the other types of trauma on the (PTSD) scale for the side of the second groups .
- 13- There are statistically significant differences among the three groups of war (North – middle – south) on the (PTSD) scale for the side of the south group , the North and the middle .

14- There are statistically significant differences between the male and female groups on the (PTSD) scale .

15- There are statistically significant differences among the study groups on the (PTSD) scale related to the interaction of the two variables of the study .

•• Study procedures

The study procedures are defined through the following:

The study sample

It includes 18 male and female students, suffering PTSD, age 19 – 21, which were classified to two groups:

- The experimental group including 9 students (5 females, 4 males).
- The control group including 9 students (5 females, 4 males).

The researcher used the following tools

1. The scale of PTSD (prepared by the researcher).
2. A form for data collection, about the experiences of the traumatic event. (Prepared by Prof. Dr. Salah Meikheimar.
3. A form of individual interview.
4. A program of psychoanalysis group therapy.

Statistical approaches

1. Two way, analysis of co variances.
2. One way analysis of simple variance.
3. Tokei test for statistical significance.
4. *t* test for statistical significance.
5. The equation of calculating the stability, by using Rollin method of half fragmentation.

6. The equation of calculating the stability, by using the successive correlation of Person.

The study results

- The results revealed the existence of statistically significant differences between the means of the scores, of the members of the experimental and control groups following the application of the therapeutic program, in relation to the effect of the treatment variable.($p = 0.001$). That shows the effectiveness of the therapeutic program. It also revealed statistically insignificant differences, in relation to the effect of gender variable, and reaction between the variables of treatment and gender. The results supported the first and the second hypotheses, and did not support the third hypotheses.
- The study results revealed statistically differences between the means of the scores of the members of the experimental and control groups, after 6- month follow up period, in relation to the effect of the effect of the treatment variable, ($p= 0.002$), and that shows the continuity of the effectiveness of the therapeutic program. It revealed statistically insignificant differences, in relation to the effect of gender variable. It also revealed statistically significant differences, ($p = 0.02$), in relation to the effect of the reaction between the treatment and gender variables. The said results supported the fourth, fifth and sixth hypotheses.

As the researcher was looking for studying the “type of the trauma” and the “war trauma”, in view of assuring a comprehensive overview of the study about the PTSD in the Yemenite environment. So he applied the

scale of PTSD, on 850 male and female students, and the study results revealed the following:

- There are statistically significant differences between the means of the scores of the groups of war trauma, (north, middle, south), and of earthquake trauma, ($p= 0.01$), in the direction of the war trauma, which supports the seventh hypotheses.
- There are statistically significant differences between the means of the scores of the groups of war trauma, and the means of transports trauma, ($p= 0.05$), in the direction of the war trauma, which supports the eighth hypotheses.
- There are statistically significant differences between the means of the scores of the groups of war trauma, and the variable traumas, ($p= 0.01$), in the direction of the variable traumas, which supports the ninth hypotheses.
- There are statistically significant differences between the means of the scores of the groups of earthquake trauma, and means of transport accidents trauma, ($p= 0.01$), in the direction of means of transports accidents trauma, which supports the tenth hypotheses.
- There are statistically significant differences between the means of the scores of the groups of variable trauma, and earthquake trauma, ($p= 0.01$), in the direction of the variable trauma, which supports the eleventh hypotheses.
- There are statistically significant differences between the means

war trauma in the south axis, ($p=0.01$), in the direction of the war trauma in the south axis, which supports the thirteenth hypotheses.

- There are statistically significant differences between the means of the scores of the groups of males and females, ($p=0.01$), which supports the fourteenth hypotheses.
- There are statistically significant differences between the means of the scores of the members of the groups of the study, ($p=0.01$), due to the reaction between the variables of trauma location and gender, which supports the fifteenth hypotheses.

Study limitation

The study and its results are limited in relation in relation to the study sample, statistical approaches.

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***Effectiveness Of Psychoanalytic Group Therapy For Reducing
Some Of Post Traumatic Stress Disorders PTSD In Random
Yemenite Sample***

**Research Submitted For Obtaining Ph.D. in Education
(Mental Health)**

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