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### **Christian Values as a resource in the processing and integration traumatic memory**

The existential-value markers of psychotrauma narrative in the process of modification of distorted beliefs connected with PTSD and integration of traumatic memories have been analyzed in the article.

Trauma experience of believers and ways of effective methods of psychotherapy of Posttraumatic Stress Disorder (PTSD) require further research. Therefore, the aim of this article is to define the criteria of psychological care focused on Christian values at psychotrauma experience and reveal the ways to their implementation.

This article provides an overview of research results of the evidence-based psychotrauma healing effects, including PTSD. Studies have proved that cognitive-behavioral therapy (CBT) effectively reduces PTSD symptoms and accompanying depression, anxiety, giving similar results. CBT is a short-term therapy, and the achieved results are maintained afterwards. The main purpose of the PTSD cognitive-behavioral therapy is to reduce discomfort and improve the patient life. Mechanism for PTSD treatment based on the exposure and emotional processing theory, is the development and organization of the trauma narrative.

According to the contemporary models of PTSD cognitive therapy, the patients' emotional involvement in traumatic memories makes a distorted cognitive content accessible and creates a base for its modification, using a combination of cognitive and behavioral techniques to help patients identify and modify distorted beliefs connected with PTSD.

Among these techniques the most important are focused on Christian values, which can be an important resource to stabilization and allow patients to confront conflicts and dysfunctional beliefs, not only by the memory activating but give the direct information, which corrects the dysfunctional cognitive beliefs.

Values centered strategies are described: cognitive processing based on the biblical meanings, the Christian contemplative meditation techniques, based on empirical studies investigating the impact of changes in facets of meditation on PTSD treatment outcomes and driven imagination technique that the author uses in his own psychotherapy practice.

***Keywords:*** *psychotrauma, integration of traumatic memory, values centered strategies, Christian meditation.*