

FIRST MEDIA COVERAGE¹ OF THE PTSD INSTITUTE AND CBT-X™
WEDNESDAY, MAY 6, 2020
KOMO NEWS RADIO FM 97.7, SEATTLE, WA

Elisa Jaffe, KOMO News Radio anchor (00:00):

A forensic and clinical psychiatrist at the PTSD Institute in Seattle is launching a pilot program to decrease symptoms for Washington residents. Joining me on the KOMO News line is Dr. Richard Adler. Tell us what you are doing for patients who have PTSD and trauma that you think is so breakthrough right now.

Richard S. Adler, M.D. (00:21):

As you know, PTSD has been a serious problem for a long time. It's often associated with the military and people who've had sexual trauma, but in our current pandemic circumstance, a lot of PTSD that existed previously has gotten reawakened. About two years ago I started to develop a novel but well-established treatment for PTSD that actually only requires five sessions and has been shown to decrease PTSD symptoms -- regardless of their origin -- by 50% after those five sessions.

Elisa Jaffe, KOMO News Radio anchor:

How are you doing this?

Richard S. Adler, M.D.:

It's really a form of Cognitive Behavior Therapy, but as opposed to prior treatments, *this actually is done by writing*. The treatment is known as Written Exposure Therapy and whereas prior treatments which fall into the same general category of behavior therapy have not really been all that well-accepted, this particular approach is successful because: (1) people do not have to do the treatment itself in any kind of group setting, (2) it's individualized and (3) people aren't actually having to emote in the usual way -- which typically men don't much like. *Instead, they're doing it through writing*. And that seems to have been the particular key to the successfulness of this treatment.

Elisa Jaffe, KOMO News Radio anchor (02:00):

As a forensic psychiatrist, give me an example of a case -- of a specific case.

Richard S. Adler, M.D. (02:05):

I guess one of the cases I'm more well known for is that of "The Barefoot Bandit." This young man, as many people know, had no formal training in flying airplanes, but he flew several of them and none of them, he was able to land successfully. He did have PTSD as a result of crashing one of those airplanes. And so the ability of this treatment, which can be done by Zoom, by Skype, or by FaceTime, would be applicable to him, and would be applicable to people who have PTSD from a military circumstance, from various traumas, including witnessing the death of a close relative or loved one. It's applicable to every kind of trauma -- no matter when or how distantly it may have occurred.

¹ Edited lightly for clarity.

Elisa Jaffe, KOMO News Radio (02:56):

So, are you talking to people now who have maybe lost relatives to CoVid-19 and it is stirring up different pain and then you're having them write down feelings and that's helping them get through their trauma?

Richard S. Adler, M.D. (03:12):

We anticipate that that's exactly and sadly what we'll be doing, but right now we're in the stage of having our first 10 patients in a pilot study. And so, we have now eight of the 10 spots spoken for and we're looking for two remaining patients.

Elisa Jaffe, KOMO News Radio (03:31):

So, if people want to participate in this, what do they do, Dr. Adler?

Richard S. Adler, M.D. (03:35):

They can simply call my office. The number is (206) 624-3800.

Elisa Jaffe, KOMO News Radio (03:43):

Dr. Richard Adler, thank you so much for taking the time and talking to us.

Richard S. Adler, M.D.:

Thank you.