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Nuevas intervenciones en la prevención de intrusiones involuntarias en el trastorno por estrés post traumático.

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NUEVAS INTERVENCIONES EN LA PREVENCIÓN DE INTRUSIONES INVOLUNTARIAS EN EL TRASTORNO POR ESTRÉS POST TRAUMÁTICO

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RESUMEN

Tras la exposición a un evento traumático, algunas personas pueden desarrollar un Trastorno por Estrés Postraumático (TEPT). Uno de los síntomas característicos son los recuerdos intrusivos que se caracterizan por ser extremadamente sensoriales e incluir componentes visoespaciales potentes. La terapia cognitivo conductual no tiene éxito en muchos pacientes debido a que estos síntomas son altamente resistentes a la extinción. Surge la necesidad de investigar posibles intervenciones posteriores al suceso traumático, que reduzcan la emergencia de estos recuerdos. Según el conocimiento actual en neurobiología de la memoria un recuerdo es inicialmente lábil durante la consolidación, lo cual abre la posibilidad de una ventana de potencial intervención terapéutica. Existen investigaciones que muestran que tareas con alta demanda visoespacial como un juego de Tetris, o que involucren el funcionamiento de la memoria de trabajo, como la Desensibilización y Reprocesamiento por Movimientos Oculares (EMDR, por sus siglas en inglés: Eye Movement Desensitization and Reprocessing) y tapping, podrían interferir en la consolidación si son realizadas después de las experiencias traumáticas, generando una disminución de las intrusiones involuntarias. El objetivo de esta presentación será dar cuenta del estado actual del conocimiento sobre la eficacia de nuevas intervenciones para la prevención de intrusiones involuntarias.

Palabras clave
TEPT - Tetris - EMDR - Tapping

ABSTRACT

NEW INTERVENTIONS IN THE PREVENTION OF FLASHBACKS IN POST-TRAUMATIC STRESS DISORDER

After exposure to a traumatic event, some people may develop Post Traumatic Stress Disorder (PTSD). One of the characteristic symptoms is the presence of flashbacks that are characterized by being extremely sensory and including powerful visuospatial memories. Cognitive-behavioral therapy is not successful in many patients because these symptoms are highly resistant to extinction. The need arises to investigate possible post-traumatic interventions that reduce the emergence of these memories. According to the current knowledge in the field of neurobiology of memory, during consolidation, a memory trace is initially labile, which opens the possibility of a window of potential therapeutic intervention. There is research showing that tasks with high visuospatial demand such as a Tetris game, or that involve working memory functioning, such as Eye Movement Desensitization and Reprocessing (EMDR) and tapping, could interfere with consolidation if performed after traumatic experiences, causing a decrease in involuntary intrusions. The objective of this presentation will be to account for the current state of knowledge about the efficacy of new interventions for the prevention of involuntary intrusions.

Keywords
PTSD - Tetris - EMDR - Tapping

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