CENTER FOR DEPLOYMENT PSYCHOLOGY

A Novel Approach to Treating and Measuring Posttraumatic Nightmares



A novel approach to treating and measuring posttraumatic nightmares is a research study led by Dr. Maegan Willing in collaboration with the Defense Intrepid Network.

PROJECT GOAL

This project will develop and pilot a novel treatment integrating Cognitive Behavioral Therapy for Nightmares with art therapy (CBT-N+AT) to improve nightmare symptoms and quality of life.

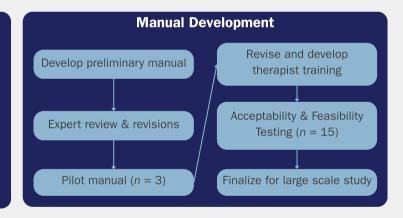
BACKGROUND

Current nightmare treatments are often inadequate. CBT-N+AT is a promising treatment that helps patients better visualize the nightmare rescription.

PROJECT DESIGN

The *Dream Beliefs Study* will prepare for the development of the CBT-N+AT manual. Additionally, *Dream Beliefs* will evaluate the psychometric properties of two new measures of disturbing dreams. The CBT-N+AT manual will be developed and evaluated iteratively from feedback from patients, art therapists, clinical psychologists, and subject matter experts. Following a feasibility and acceptability pilot study, the manual will be finalized for large-scale study.

2 Quantitative surveys (N = 550) Effect of dream beliefs on nightmare distress Validating new scales: Dream Emotion Scale Bad Dreams & Nightmares Scale Dream Emotion Scale Discussion of incorporating dream beliefs into treatment.



CURRENT STATUS

The *Dream Beliefs Study* is anticipated to begin this quarter. Manual development is underway by the lead study art therapist.

FUNDING

CBT-N+AT is funded intramurally by the Uniformed Services University (\$995,984). The project will be conducted from September 2024 through September 2027.