


# TCVGH 2025 International Medical Conference

## 2st Taiwan Forum of Brain Research Post-Traumatic Stress Disorder: Past, Present & Future

### Speaker Information Form

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Education Background	Training as MD in Netherlands, Residency Psychiatry started in Netherlands, completed in USA, neuroscience training at Stanford, 1 year, Yale University 4 years and Emory 1 year, PhD at Utrecht University, Military training and Head of Research as Clinical Psychiatrist (COL), Honoray Professorship at Leiden University Medical Center, after retirement in 2021 Full Professor.	
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Speech Title	Abstract( 200 words) : Title: Hot Topics and the State of the Art in PTSD Treatment
<b>Abstract:</b>	<p>PTSD remains one of the most challenging and consequential mental health conditions worldwide, affecting civilians and uniformed professionals alike. Over the past five decades, its conceptualization and treatment have evolved from narrow, combat-focused syndromes to multidimensional models that integrate biological, psychological, and social determinants. This presentation will highlight <i>hot topics</i> shaping the current and future state of PTSD care. Historical developments will be briefly reviewed, from early psychodynamic and supportive therapies to today's evidence-based trauma-focused psychotherapies such as prolonged exposure, cognitive processing therapy, and EMDR. We will then examine cutting-edge interventions, including MDMA-assisted psychotherapy, multimodal immersive approaches like 3MDR, novel pharmacological agents, and digital therapeutics that extend care beyond traditional clinical settings. Emerging frontiers - precision psychiatry, biomarker-informed treatment selection, integration of moral injury and resilience frameworks, and scalable delivery in low-resource or crisis environments - will be critically discussed. By combining a historical lens with forward-looking perspectives, this presentation will offer participants a clear synthesis of where the field has been, where it stands today, and the innovations most likely to define the next decade of PTSD treatment.</p>

