**Firefighters accessing care for trauma: A clinical case series testing the efficacy of distance-delivered narrative exposure therapy in reducing PTSD symptoms**

Why are you receiving this letter?

We wanted to provide you with some information about a mental health treatment study we are conducting and ask for your help with recruitment.

What is the purpose of the study?

In this study, we are examining the feasibility and preliminary efficacy of narrative exposure therapy (NET) for posttraumatic stress disorder (PTSD; often called posttraumatic stress injury, or PTSI) among firefighters. NET will be delivered via videoconferencing, so as to increase access to the intervention for firefighters. The intervention will be delivered by a well-trained paraprofessional who is closely supervised by a clinical psychologist. The use of a paraprofessional is an attempt to address the extreme shortage of trained mental health clinicians available to treat firefighters with PTSD/I. The study has been reviewed by the University of New Brunswick (REB#: 2019-101) and the IWK Health Centre (REB#: 1025481) Research Ethics Boards.

What is narrative exposure therapy (NET)?

NET is an exposure-based talk therapy intervention that is specifically designed for individuals, like firefighters, who have experienced repeated and continuous trauma. It involves the construction of a narrative of both positive and negative aspects of an individual’s life while re-experiencing cognitive, emotional, behavioural, and physiological responses and meanings associated with these past events. Its use is supported for the treatment of PTSD/I.

What do research participants have to do?

Those who qualify to participate, will receive 12 weekly sessions of NET delivered by videoconference by a paraprofessional. Participants will be asked to complete some questionnaires pre- and post-intervention, and two and six months later.

What Can YOU Do?

We would appreciate if you could spread the word about the research study to those who you think might benefit from the intervention under investigation (e.g., firefighters with PTSD/I).Please note that at this time, the intervention is only available to firefighters in ON, NB, NS, PEI, and NL due to provincial licensing restrictions for the clinical psychologists involved in the project. In the long-term, this study will act as a pilot for a larger study/implementation of this intervention across Canada. We greatly appreciate your help!

Any Questions?

If you have any questions, need additional information materials, or would like information on the research that supports the current study, please don’t hesitate to contact us.

Study Investigators

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