



## Celebrating 10 years of the *European Journal of Psychotraumatology*

Miranda Olf <sup>a,b</sup> and Soraya Seedat <sup>c</sup>

<sup>a</sup>Department of Psychiatry, Amsterdam University Medical Centers (Location AMC), University of Amsterdam, Amsterdam Neuroscience, Amsterdam, The Netherlands; <sup>b</sup>ARQ National Psychotrauma Centre, Diemen, The Netherlands; <sup>c</sup>Department of Psychiatry, Stellenbosch University, Stellenbosch, South Africa

### ABSTRACT

It is 10 years ago that the *European Journal of Psychotraumatology* (EJPT) was launched. This was celebrated with a one day symposium on 1 February 2021 with all EJPT's editors presenting on the state of the art developments in the field of psychotraumatology. The European Society for Traumatic Stress Studies (ESTSS) is proud to have all these speakers together sharing their knowledge on a range of topics within the field of psychotraumatology, from genetics to clinical practice. In this editorial the programme with the presentations is presented, including links to both to short summaries of the lectures and to the online session itself. In line with the Open Access format of the journal, access to the symposium content is free of charge and thus available to all around the world without barriers.

### KEYWORDS

PTSD; psychotraumatology; trauma exposure; neurobiology; mental health; prevention; treatment

### HIGHLIGHT

State of the art developments in the field of psychotraumatology are presented with regard to (child) trauma exposure, neurobiological aspects, mental health outcomes, prevention and treatment.

The *European Journal of Psychotraumatology* (EJPT) has been in existence for 10 years. Last year, in a joint editorial of all editors working for the journal, we reflected on the past decade of psychotraumatology and presented our knowledge gaps to guide future research (Olf et al., 2019). With the symposium in 2021 we are closing a year that would have been – were it not for the COVID-19 pandemic – a festive year with real-life symposia. We ended this year with an online symposium on 1 February 2021 with all EJPT's editors presenting on the state of the art developments in the field of psychotraumatology.

The European Society for Traumatic Stress Studies (ESTSS), owner of the journal, is proud to bring all these speakers together to share their knowledge on a range of topics within the field of psychotraumatology, from genetics to clinical practice, from developmental trauma to neural networks.

In this editorial, we present the program, chaired by the editor-in-chief together with the newly joined associate editor Prof Dr Soraya Seedat, from Stellenbosch University, South Africa, and highlight the presentations, including links to both the short summaries of the lectures and to the online session itself. This is all in line with the Open Access format of the journal, where access to the symposium content is free of charge and thus available to all around the world without barriers.

Jana Javakhishvili, ESTSS president 2019–2020, opened the symposium with congratulations to the team of editors.

Miranda Olf, founding editor-in-chief of the journal, reflected on the past 10 years of *European Journal of Psychotraumatology*, and the decade to come, including plans for promoting Open Research (see also Olf, 2020).

In the session on trauma exposure, Ford (2021) presented on 'Polyvictimization and Developmental Trauma in Childhood', Armour (2021) on Identifying and characterizing adverse childhood experiences (ACE) in a Northern Irish military veteran population, and Birkeland (2021) addressed 'Do different potentially traumatic events invoke different kinds of PTSS?'

Neurobiology of PTSD, is a field that is growing exponentially, reflected in the content coverage of the journal, including a call-for-papers for a special issue on 'Biological mechanisms underlying adverse mental health outcome after trauma' (guest editor Mirjam van Zuiden). Here we had three presentations. Amstadter (2021) shared with us the exciting work of the Psychiatric Genomics Consortium on the 'Molecular genetics of trauma exposure and PTSD'. Lanius (2021) spoke about 'Restoring large scale brain networks in the aftermath of trauma: Implications for neuroscientifically-informed treatments'. And Bui (2021) addressed developments in pharmacotherapy with 'Pharmacological treatments for PTSD: Where Are We in 2020?'

In the section on mental health outcomes, Hansen (2021) looked into symptom figurations with 'Investigating centrality in PTSD symptoms across diagnostic systems using network analysis'. Greene

**Box 1.** Program ESTSS symposium**Celebrating 10 Years of the *European Journal of Psychotraumatology***

Chair: Miranda Olf  
 Co-chair: Soraya Seedat  
 Date: 1 February 2021

**Opening**

Jana Javakhishvili - Opening ESTSS president  
 Miranda Olf (2020) - 10 Years of *European Journal of Psychotraumatology*

**Trauma Exposure**

Julian Ford (2021) - Polyvictimization and Developmental Trauma in Childhood  
 Cherie Armour (2021) - Identifying and characterising adverse childhood experiences (ACE) in a Northern Irish military veteran population  
 Marianne Skogbrott Birkeland (2021) - Do different traumatic events invoke different kinds of posttraumatic stress symptoms?

**Neurobiology**

Ananda Amstadter (2021) - Molecular genetics of trauma exposure and PTSD  
 Ruth Lanius (2021) - Restoring large scale brain networks in the aftermath of trauma: Implications for neuroscientifically-informed treatments  
 Eric Bui (2021) - Pharmacological treatment of PTSD: Where are we in 2020?

**Mental Health Outcomes**

Maj Hansen (2021) - Investigating centrality in PTSD symptoms across diagnostic systems using network analysis  
 Talya Greene (2021) - The dynamic interactions of PTSD symptoms in daily life  
 Siri Thoresen (2021) - Trust and social relationships in times of the COVID-19 pandemic

**Prevention and Treatment**

Neil Roberts (2021) - Development of expert recommendations for the treatment of PTSD with comorbid substance use disorder  
 Anke Ehlers (2021) - Processes of change in trauma-focused CBT  
 Marylene Cloitre (2021) - Complex PTSD: Assessment and Treatment

**Discussion and Closure**

All speakers  
 Jana Javakhishvili

(2021) presented on ‘The dynamic interactions of PTSD symptoms in daily life, linking ESM data to symptoms’. Thoresen (2021) addressed interesting social aspects of the Coronavirus pandemic in her presentation titled ‘Trust and social relationships in times of the COVID-19 pandemic’.

We concluded the day with a session on Prevention and Treatment. Roberts (2021) presented on the ‘Development of expert recommendations for the treatment of PTSD with comorbid substance use disorder’. Ehlers (2021) looked into ‘Processes of change in trauma-focused CBT’. And finally, Cloitre (2021) shared with us her insights on ‘Complex PTSD: Assessment and Treatment’.

The program is presented in [Box 1](#), including links to short summaries of the lectures. The online symposium has been recorded and can be accessed through [www.estss.org](http://www.estss.org), in line with the Open Access format of the journal, free of charge and thus available to all around the world without barriers.

**Disclosure statement**

No potential conflict of interest was reported by the authors.

**ORCID**

Miranda Olf  <http://orcid.org/0000-0003-1016-9515>  
 Soraya Seedat  <http://orcid.org/0000-0002-5118-786X>

**References**

- Amstadter, A. (2021). Molecular genetics of trauma exposure and PTSD. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866403
- Armour, C. (2021). Identifying and characterising adverse childhood experiences (ACE) in a Northern Irish military veteran population. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866397
- Birkeland, M. S. (2021). Do different traumatic events invoke different kinds of posttraumatic stress symptoms? *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866399
- Bui, E. (2021). Pharmacological treatment of PTSD: Where are we in 2020? *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866411
- Cloitre, M. (2021). Complex PTSD: assessment and treatment. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866423
- Ehlers, A. (2021). Processes of change in trauma-focused CBT. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866421
- Ford, J. D. (2021). Polyvictimization and developmental trauma in childhood. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866394
- Greene, T. (2021). The dynamic interactions of PTSD symptoms in daily life. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866413
- Hansen, M. (2021). Investigating centrality in PTSD symptoms across diagnostic systems using network analysis. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866412

- Lanius, R. (2021). Restoring large scale brain networks in the aftermath of trauma: Implications for neuroscientifically-informed treatments. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866410
- Olf, M. (2020). To share or not to share – 10 years of European Journal of Psychotraumatology. *European Journal of Psychotraumatology*, 11(1), 1844955.
- Olf, M., Amstadter, A., Armour, C., Birkeland, M. S., Bui, E., Cloitre, M., ... Thoresen, S. (2019). A decennial review of psychotraumatology: What did we learn and where are we going? *European Journal of Psychotraumatology*, 10(1), 1672948.
- Roberts, N. (2021). Development of expert recommendations for the treatment of PTSD with comorbid substance use disorder. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866419
- Thoresen, S. (2021). Trust and social relationships in times of the COVID-19 pandemic. *European Journal of Psychotraumatology*, 12(1). doi:10.1080/20008198.2020.1866418