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At times, a traumatic event may evoke repressed and unresolved memories of trauma and stress from one's past, such as an unresolved bereavement, accident, or emotional crisis. PTSD may also appear years after the actual trauma. For instance, a Holocaust survivor can suddenly feel flooded and overwhelmed by traumatic memories of the war in later life. In a way, one can consider this a positive sign. Individuals find a way to delay reactions to stress in order to get on with life and to cope, but find that these memories arise much later in life when we feel more secure and able to “open the box” and address the trauma more effectively. Hence, it is not a question of whether to address the traumatic memories, but when.

It turns out that people are much more resilient than we think. Most people will undergo a period of stress and anxiety following a traumatic incident, but manage to resume full functioning within one year, providing that they have some support, manage to engage positively with work and personal life, and adhere to healthy perceptions of coping. If the specific reactions to trauma continue over six months it is recommended to seek professional advice. With treatment, the vast majority of PTSD sufferers manage to resume expected functioning and regain confidence. If one is fortunate, one can come out of this feeling even stronger and enriched by the experience. We call this “Thriving.”

David is an experienced and principal clinical psychologist with expertise in psychological assessment, treatment, and academic lecturing.

His clinical experience includes work in the USA, Israel and the UK. Currently, David is the Principal Clinical Psychologist for the Early Intervention Service within the NHS providing treatment, conducting assessments, supervising clinical staff, and lecturing. David has also published four books and several articles.

In private practice, David's approach is eclectic, informal, and professional. He is trained and proficient in Biofeedback, Clinical Hypnosis, family therapy, long term psychodynamic approaches as well as brief, defined CBT approaches in treatment for individuals with PTSD, Chronic Pain, Anxiety and OCD, Interpersonal Distress, and Problems in functioning. He regularly provides psychological reports related to litigation that involves Accident Compensation, Criminal Injuries Compensation, Malingering, Cognitive Abilities, and Pain.

David provides workshops and lectures for Medical Education Training, UCL, Birkbeck University, The Institute of Psychiatry, and Private Education. The popular topics include Chronic Pain, PTSD, Stress, Development Issues, Personality Development, and Health Psychology.

