

Table 1) Content of the EST Sessions for PTSD

The First Session

Deep Treatment Relationships; Case Formula Compilation; Providing the Logic and the Goals of Treatment; Providing an Etiology and Treatment Model based on the Emotion Schemas Approach; Considering the Patient's Painful Emotions and Normalizing Them; Providing the Task of the Functions of the Emotions

The Second Session

Homework Review; Talking about the Painful Emotions, Considering the Patient's Emotion Schemas, and Designing a Behavioral Test to Challenge Them; Observation Task and Describing the Emotions

The Third Session

Homework Review; Talking about the Painful Emotions, Considering the Patient's Emotion Schemas, and Investigating the Designed Behavioral Experiment at the Last Session; Considering the Myths the Patient Forms about Their Disorder and Emotions; Providing the Emotion Myths Task and Designing a Behavioral Test to Challenge the Identified Emotion Schemas in the Patient

The Fourth Session

Homework Review; Considering the Identified Emotion Schemas in the Patient; Verbal Challenges and Socratic Dialogues about the Results of the Behavioral Tests

The Fifth Session

Homework Review; Considering the Identified Emotion Schemas in the Patient; Considering the Patient's Emotion Avoidance; Providing Transient Emotion Exercise and Designing a Behavioral Test; Providing an Activity List Form to Examine the Belief of Transient Emotions

The Sixth Session

Homework Review; Help the Patient to Accept Their Own Emotions; Considering the Intervening Emotion Schemas in Accepting and Experiencing the Painful Emotions; Providing Faulted Awareness Mind Technique

The Seventh Session

Homework Review; Start Slow and Visual Exposure; Encouraging the Patient to Get a Non-judgmental and Temporary Mood on the Painful Emotions; Comparison between the Intervening Emotional Schemas and Emotions Caused by Trauma Visualization before and after the Intervention and Discussing It; Writing the Traumatic Event and Identifying Its Schemas during Writing as a Homework

The Eighth Session

Homework Review; Discussing the Intervening Emotional Schemas while Writing the Trauma Story; Verbal Discussions and Challenges on Them; Continuing the Trauma Event Exposure and Emotions Homework as the Aims

The Ninth Session

Homework Review; Discussing on the Intensity of the Schemas before and after Intervention; Considering the Remaining Avoidance of the Patient; Patient's Exposure as Reading the Trauma Story Loudly by the Patient; Requesting the Patient to Write the Brief Treatment Sheet

The Tenth Session

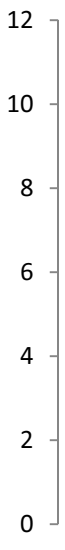
Homework Review; Working on the Treatment Program (Relapse Prevention); Planning the Booster Sessions; Homework; Commitment to Use the Treatment Exercises Continuously

Table 2) Demographic Characteristics of the Patients with PTSD

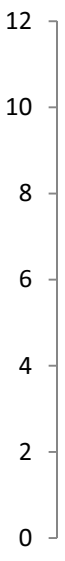
Patient's Number	Type of Treatment	Age (Year)	Disease Duration (Year)
1	EST	45	16
2	EST	48	10
3	CBT	50	23
4	CBT	49	20
5	Medication Treatment	45	15
6	Medication Treatment	44	10

Table 3) Process Changes, Slope, and Changeability Indices of the Patients' Scores in IES-R and the Negative Emotion Schemas

The Patients	Base Line after Medication Therapy	Intervention	The Intervention Standard Deviation	Improvement Percent after the Intervention	Score Decrease Percentage	Effect Measure	Cohen Index	Follow Up	Improvement Percentage after Follow Up	Score Decrease Percentage	Effect Measure	Cohen Index
The Patients' Scores in IES-R												
Medication and EST Composed Treatment												
Patient 1	72	44	6.78	63	38	0.94	5.77	46	56	36	0.93	5.36
Patient 2	71	46	7.21	54	35	0.92	4.85	44	61	38	0.93	5.24
Medication and CBT Composed Treatment												
Patient 1	69	47	7.21	46	31	0.90	4.27	43	60	37	0.92	0.05
Patient 2	74	49	7.89	51	33	0.91	4.44	49	51	33	0.91	4.44
Only Medication Treatment												
Patient 1	90	63	8.25	42	30	0.91	4.59	69	30	26	0.87	3.57
Patient 2	69	52	6.56	32	24	0.81	2.77	50	38	27	0.84	3.19
The Patients' Scores in the Negative Emotion Schemas												
Medication and EST Composed Treatment												
Patient 1	10.28	5.28	2.11	94	48	0.83	3.02	5.90	74	42	0.79	2.65
Patient 2	10	5.70	2.03	75	43	0.77	2.42	5.50	81	45	0.78	2.53
Medication and CBT Composed Treatment												
Patient 1	9.85	7.57	1.86	30	23	0.60	1.52	8.1	21	17	0.31	0.66
Patient 2	8.84	6.28	0.89	40	28	0.80	2.70	6.44	37	28	0.78	2.05
Only Medication Treatment												
Patient 1	10	9.51	0.21	5.1	4.9	0.32	0.67	9.89	1.11	1.1	0.07	0.15
Patient 2	10.28	9.86	0.86	4.25	3.74	0.21	0.45	9.58	7.30	6.80	0.35	0.75



1a



1b

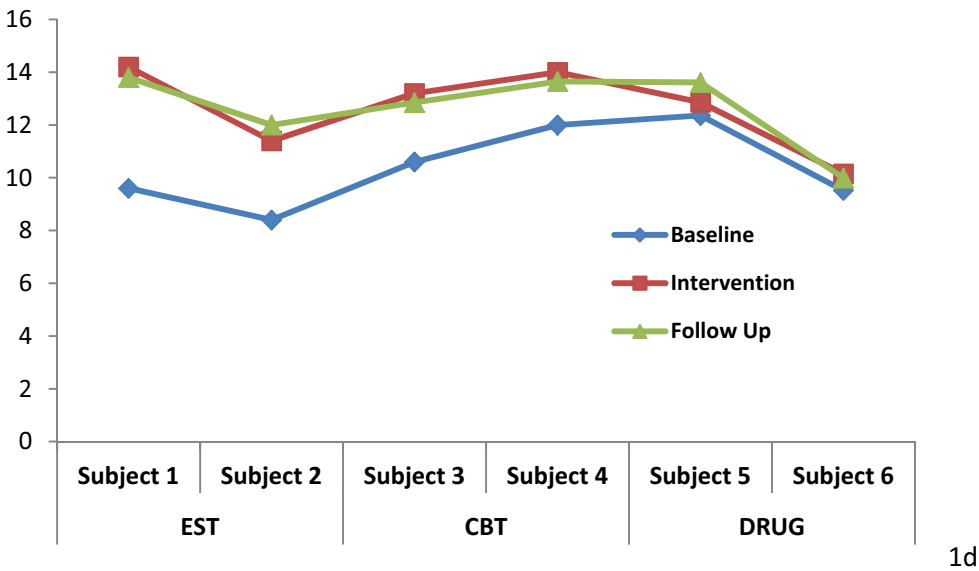
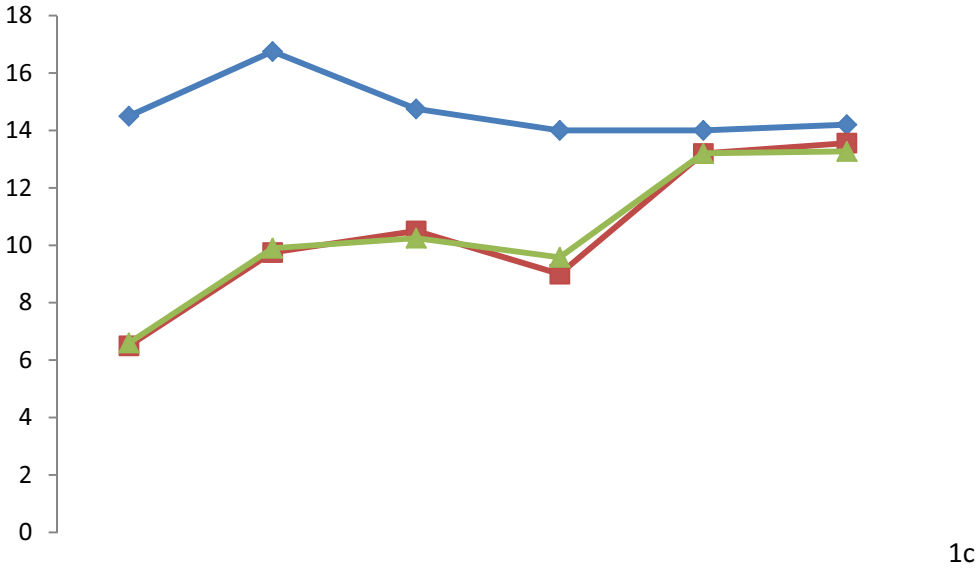


Diagram 1) The Patients' Mean Score Changes in (a) Negative and (b) Positive Emotion Schemas, as well as (c) Maladaptive and (d) Adaptive Cognitive Regulation Strategies