

17 April, 2026 | 13:00–16:15 CET

Free Online Event for  
Researchers and Practitioners

# Digital Interventions for PTSD: Development, Research and Implementation

Join a team of experts from different countries to learn more about digital interventions for trauma-related conditions, as well as the enablers and challenges of implementing them at scale in clinical settings.

Advancements in technology are providing opportunities for novel, more accessible treatments. In this online event, we focus on the development, evidence, dissemination and implementation of digital interventions for PTSD and other trauma-related disorders. We hope this event will be of relevance to various professionals and wider society, as we will share our thoughts and lessons learnt from both perspectives, as researchers and clinicians.

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**Organisers:**

Vilnius University, Faculty of Philosophy, Institute of Psychology,  
Centre for Psychotraumatology

**Collaborators:**

Lithuanian Society for Traumatic Stress (LTPA)  
European Society for Traumatic Stress Studies (ESTSS)  
Cardiff University's Traumatic Stress Research Group

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Lithuania (LMTLT), agreement No S-MIP-23-14



Vilnius  
University



ESTSS

The European Society for Traumatic Stress Studies



RCL

Research Council of Lithuania

## Speakers



PROF. JONATHAN  
I. BISSON



DR. MARIA  
BRAGESJÖ



DR. ODETA  
GELEŽELYTĖ



DR. AUGUSTĖ  
NOMEIKAITĖ



GRETA  
GUOGAITĖ



PROF. TINE  
NORDGREEN



PROF. DOMINIC  
MURPHY

# DIGITAL INTERVENTIONS FOR PTSD: DEVELOPMENT, RESEARCH AND IMPLEMENTATION

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## PROGRAM

13:00

### Welcome

Chair: Dr. Odeta Geleželytė

13:10

### Brief Introduction to Internet Interventions

Dr. Augustė Nomeikaitė

13:20

### The Development, Evaluation, and Implementation of the Spring Guided Digital Interventions for Trauma-Related Conditions

Prof. Jonathan I. Bisson

Cardiff University's Traumatic Stress Research Group developed a guided digital self-help programme called Spring using qualitative and quantitative research methods and then evaluated it through feasibility and pragmatic effectiveness randomised controlled trials. This work demonstrated that Spring was non-inferior to face-to-face CBT-TF and offered a more cost-efficient way to treat people with PTSD. The presentation will describe the development, evaluation, dissemination and implementation of the Spring interventions for PTSD, complex PTSD and prolonged grief disorder.

14:15

### Short Break

14:30

### Spring Intervention for PTSD in Lithuania: Adaptation and First Results | Dr. Odeta Geleželytė, Greta Guogaitė

This presentation describes the adaptation of the Lithuanian version of the Spring intervention for PTSD. Findings from a feasibility and a qualitative study will be briefly presented, focusing on participants' mental health outcomes and their experiences of engaging with the intervention. We will share our insights, opportunities and challenges on adapting Spring to a different language and culture, and how it has been received in our country.

15:00

### Prolonged Exposure Online: What Research and Clinical Practice Teach Us | Dr. Maria Bragesjö

This presentation draws on findings and clinical experiences from the HOPE trial, a randomized controlled study of therapist-guided, internet-delivered Prolonged Exposure for adults with PTSD. I will highlight what we have learned about effectiveness, feasibility, and implementation in routine psychiatric care, and discuss what changes, and what remains the same, when delivering prolonged exposure online.

15:25

### Short Break

15:35

### Panel Discussion | Digital Interventions for PTSD: Enablers and Challenges to Implementation at Scale in Clinical Services

Panelists: Prof. Jonathan I. Bisson, Dr. Maria Bragesjö, Prof. Dominic Murphy, Prof. Tine Nordgreen. Chair: Dr. Odeta Geleželytė.

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## ABOUT SPEAKERS



### PROF. JONATHAN I. BISSON

Jon is a practising psychiatrist and Clinical Professor in Psychiatry at Cardiff University. He is Director of the National Centre for Mental Health and leads its intervention development workstream and Cardiff University's Traumatic Stress Research Group. Jon has conducted many research studies, including ten randomised controlled trials and five Cochrane systematic reviews that have shaped research and practice in the traumatic stress field. He is a past ESTSS President, co-chaired the UK's first PTSD NICE Guideline Development Group and chaired the International Society for Traumatic Stress Studies' Treatment Guidelines Committee. Jon's main current research focus is the development, evaluation and dissemination of guided digital self-help interventions for PTSD, CPTSD and prolonged grief disorder.



### DR. MARIA BRAGESJÖ

Maria Bragesjö is a lic. clin. psychologist and post-doctoral researcher at the Center for Psychiatry Research, at Karolinska Institutet, Stockholm, Sweden. Her research within the field of traumatic stress encompasses early interventions after trauma that targets specific core processes in the psychopathology that can arise after a traumatic event as well as finding new formats to improve the effect and increase availability of evidence-based treatment of PTSD such as using intensive treatment formats and digital platforms. Maria is also a certified trainer in prolonged exposure.



### DR. ODETA GELEŽELYTĖ

Odetta Geleželytė is a Clinical Psychologist, an Associate Professor and a Senior Researcher at the Centre for Psychotraumatology, Vilnius University. She is also the president of the Lithuanian Society for Traumatic Stress, and the Board Secretary of the European Society for Traumatic Stress Studies (ESTSS). Her main research interests are related to the assessment and treatment of posttraumatic stress and complex trauma.



### DR. AUGUSTĖ NOMEIKAITĖ

Augustė Nomeikaitė is a clinical psychologist with a PhD in social sciences (psychology). Her areas of interest include clinical psychology, psychotraumatology, and internet-delivered interventions.

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### GRETA GUOGAITĖ

Greta Guogaitė is a clinical psychologist and a 3rd-year PhD student at the Center for Psychotraumatology, Vilnius University. Her research interests include clinical psychology, post-traumatic stress, and the effectiveness of internet-based interventions.



### PROF. TINE NORDGREEN

Tine Nordgreen's work focuses on developing, evaluating and implementing internet-delivered treatments for children, youth and adults within somatic and mental health. She led the establishment of eMeistring (2012–2015), Norway's national service for guided internet-based therapy within specialist mental health care. She is currently leading a Centre for Research-based Innovation in digital mental health services (2020-2028) including research on effect, early Health Technology Assessment, cost-effectiveness and implementation. She is also the leader of a novel Nordic network where the aim is to assess good examples of robust delivery models of internet-delivered treatments.



### PROF. DOMINIC MURPHY

Dominic Murphy is an academic consultant clinical psychologist. He is an expert in the field of psychological trauma and has extensive experience of caring for, and conducting research with, traumatised populations. Dominic has lead a number of research projects including exploring new treatments for moral injury-related mental ill-health, Complex PTSD, and for survivors of military sexual trauma. Dominic is the president of the European Society for Traumatic Stress Studies (ESTSS), leads the Combat Stress Centre for Applied Military Health Research, is the past President of the UK Psychological Trauma Society, the Director for Research and trustee at the Forces In Mind Trust and co-Director of the King's Centre for Military Health Research at King's College London.

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