

# Evidence based treatment for trauma victims with complex PTSD

## Introduction

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Foundation **Centrum '45**

Treatment of and research into the  
consequences of organised violence



# What is complex?

## Complex trauma-event

➤➤ *leading to* ➤

## Complex post traumatic reaction

<http://www.estss.org>



# Complex trauma

- Repeatedly and cumulatively
- Period of time
- Specific relationships
- Specific contexts

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# Child abuse trauma

- Immature subject (psychologically and physically)
- Repetitive over period of time
- Interpersonal trauma
- Attachment trauma
- Inadequate response surroundings

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# Other complex traumas

## Enduring, interpersonal, context:

- War / armed conflict
- Refugee status
- Concentration camps
- Torture
- Imprisonment

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# Consequences of complex trauma

- Posttraumatic stress disorder
- Depression / somatization / anxiety
- Dissociative disorders
- Borderline personality disorder
- Complex PTSD / DES NOS

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# Disorders of extreme stress - DES NOS

## Alterations in:

1. Regulation of affective impulses
2. Attention and consciousness
3. Self perception

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# Disorders of extreme stress - DES NOS

## Alterations in:

4. Perception of the perpetrator
5. Relationship with others
6. Somatization
7. Systems of meaning

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# Are evidence based therapies like CGT or EMDR useful for complex PTSD ?

1. There is lack of evidence
2. There is plenty of experience

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# Therapy for complex PTSD

## Experience says:

- Focus on core PTSD symptoms will give loss of control and destabilization
- Better (first) focus on the associated symptoms

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# Therapy for complex PTSD

- Multimodal, eclectic, trans-theoretical: combined or in succession
- Three phase model (Herman)

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# Three phase model: Phase 1

- Alliance-building, support
- Safety
- Affect regulation: control and stabilization
- Skill building, education
- Self-care

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# Three phase model: Phases 2 and 3

## Phase 2:

- Resolution and integration of the trauma

## Phase 3:

- Self and relational development, enhanced daily living

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# PROGRAMME

**14.15 – 15.05**

**Cognitive therapy for complex PTSD**

**Martijn Stöfse**

*Sinai-Centrum; Netherlands*

**15.25 – 16.15**

**EMDR for complex PTSD**

**Mia Groenenberg and Mischa Nerad**

*Centrum '45; Netherlands*

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# PROGRAMME

## Discussion

Board members:

**Kerstin Bergh Johanneson**

*University Hospital, Uppsala; Sweden*

**Christopher Freeman**

*Royal Edinburgh Hospital; United Kingdom*

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