International Society for the Study of Trauma and Dissociation

Professional Training Program:
The Complexities of Complex Trauma: Theory and Practice, Part 1

Curriculum for 2020
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**Intended Participants:** Licensed mental health professionals (psychiatrists, psychologists, clinical social workers, mental health counselors, accredited psychotherapists, etc.) who are interested in developing their skills in treating clients with complex trauma related disorders. For **Part 1** of the course, there is no need to have a client with a complex trauma-related disorder.

**Meeting Frequency:** Once monthly for 6 months. This course can also be taught as double sessions (2 sessions in one day for 3 months)

**Course Format:** 2.5-hour sessions of literature discussion, lecture, discussion of a “teaching case” and discussion of your cases.

**Evaluation Forms:** After each session evaluation forms will be emailed to each participant who has purchased continuing education credits. At the end of the course a course evaluation will be emailed to all participants.

**History:** This course was originally created by the late Don Fridley, PhD, former president of the ISSTD, and former director, consultant and supervisor of the trauma and dissociative disorders services of Del Amo Hospital, in Torrence, CA.

**Recommendation:** We recommend that you join ISSTD. Membership in ISSTD gives you free access to every past issue of the *Journal of Trauma & Dissociation* and a wealth of clinical articles and discussions from past issues of *The ISSTD Newsletter*.

**Course objectives:**
*Upon completion of Part 1, students will have:*

- Explored the history of the understanding and resistance to recognizing trauma
- Differentiated simple from complex trauma
- Discussed and explored the etiology of complex trauma.
- Identified the clinical picture of trauma
- Reviewed the tools to assess trauma
- Reviewed the three phases of treatment of trauma.
- Discussed the treatment pitfalls and therapeutic alliance (risk management)
- Applied the theoretical knowledge of the assessment and treatment of complex trauma to a provided clinical case.

**Required Texts:**


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Required Articles:


Downloads:
Freyd, J: What is Betrayal Trauma available at <http://dynamic.uoregon.edu/jjf/defineBT.html>


Handouts: PCL-C Checklist and scoring
**Session One**
*Trauma and its History from simple to complex trauma*

Objectives:

1. Summarize the history of the understanding of trauma and the resistance to recognizing trauma in its many forms.
2. Define simple vs. complex trauma.
3. Recognize the antecedents of trauma – from simple to complex.
4. Explore the impact of various forms of adult-onset trauma

Readings:

**Session Two**
*How childhood abuse, trauma and neglect affects development*

Objectives:

1. Identify the outcomes of trauma at different developmental stages during childhood.
2. Describe the symptoms in adults that indicate a further exploration for childhood trauma.
3. Discuss the impact of betrayal trauma on children.

Readings:
- Freyd, J.: What is Betrayal Trauma (download from [http://dynamic.uoregon.edu/jjf/defineBT.html](http://dynamic.uoregon.edu/jjf/defineBT.html))

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Session Three
Assessment for trauma-based disorders (PTSD and beyond)

Objectives:
1. Define the DSM-5 diagnosis of PTSD and the symptoms of trauma.
2. Discuss other disorders where trauma may be a major factor.
3. Review ACE studies.
4. Define “index of suspicion” and how it can be applied to clinical work, using “The Case of Erica”

Readings:

Download:
DSM-5 trauma disorders: [http://www ptsd va.gov/professional/PTSD-overview/dsm5_criteria_ptsd.asp](http://www.ptsd.va.gov/professional/PTSD-overview/dsm5_criteria_ptsd.asp)

Handouts:
PTSD checklist-civilian (PCL-C) – public domain
PowerPoint presentation – Turkus on Ace studies
The Case of Erica: Part 1

Session Four
Overview of psychotherapy for complex trauma

Objectives:
1. Outline phase-oriented (or sequenced) therapy.
2. Discuss the rationale behind phase-oriented (or sequenced) therapy.
3. Explore the early stage of the first phase of therapy.

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Readings:

Handouts:
The Case of Erica: Part 2

Session Five
The first phase of treatment of complex trauma

Objectives:
1. Define the competencies to be achieved in the first phase of therapy.
2. Discuss the therapeutic alliance and frame in the first phase of therapy.
3. Explore the common pitfalls of early stage therapy with complex trauma.
4. Discuss, using “The Case of Erica”, clinical interventions in the phase one of treatment of complex trauma, utilizing various treatment modalities.

Readings:

Handouts:
The Case of Erica: Part 3

Session Six
The second and third phases of treatment of complex trauma

Objectives:
1. Discuss the second phase of treatment including, criteria for moving from the first to second phase as well as working though traumatic memory
2. Discuss the third phase of therapy and the process of termination
4. Discuss the second and third phases of therapy, using the Case of Erica

Readings:


Handouts:
The Case of Erica: Part 4