



**Presentation Title:** Relationships after Prolonged and Repeated Trauma

**Presentation Time:** 2:30 PM - 4:00 PM US Eastern Time

**Content Level:** Beginning/Introductory

**Abstract:** Trauma destroys the social systems of care, protection, and meaning that support human life. The essential features of psychological trauma are disempowerment and disconnection from others. Prolonged and repeated trauma, especially in childhood, creates a range of complex traumatic disorders in which disturbances in identity and relationships are central.

The recovery process, therefore, is based on empowerment of the survivor and restoration of relationships. This lecture will describe the principles of mutuality upon which a collaborative therapeutic alliance may be established and outline a three-staged approach to the treatment of trauma survivors, with an emphasis on the power of properly staged group psychotherapy to create a “bridge to new community.” In the final stage of recovery, survivors can expand and deepen their relationships, and some can discover a “survivor mission.”

**Learning Objectives:**

At the conclusion of this presentation, participants will be able to:

- Name the four rules for relationships of dominance and subordination
- Name the seven methods of coercive control
- Describe relational symptoms of Complex PTSD
- Name the five rules for relationships of mutuality
- Name three benefits of group therapy for
- Complex PTSD

**Presenter(s)**

**Judith Herman, PhD**

Judith Lewis Herman M.D. is Professor of Psychiatry (part time) at Harvard Medical School. For thirty years, until she retired, she was Director of Training at the Victims of Violence Program at The Cambridge Hospital, Cambridge, MA. Dr. Herman received her medical degree at Harvard Medical School and her training in general and community psychiatry at Boston University Medical Center. She is the author of two award-winning books: *Father-Daughter Incest* (Harvard University Press, 1981), and *Trauma and Recovery* (Basic Books, 1992). She has lectured widely on the subject of sexual and domestic violence. She is the recipient of numerous awards, including the 1996 Lifetime Achievement Award from the International Society for Traumatic Stress Studies and the 2000 Woman in Science Award from the American Medical Women’s Association. In 2007 she was named a Distinguished Life Fellow of the American Psychiatric Association.

## **Continuing Education**

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