



Presentation Title: Reducing Shame, Promoting Dignity: A Model for the Primary Prevention of Complex Post-Traumatic Stress Disorder

Presentation Time: 4:30 PM - 8:00 PM US Eastern Time

Content Level: Intermediate

Abstract: Complex post-traumatic stress disorder (CPTSD) refers to the complex psychological and psychosocial sequelae associated with exposure to prolonged interpersonal abuse. Contemporary approaches to CPTSD are dominated by individualized psychological interventions that are long-term and costly. However, accumulating evidence indicates that CPTSD is a high prevalence mental illness implicated in significant social problems, with a pattern of lateral and intergenerational transmission that impacts on already disadvantaged and traumatized communities. Consequently, there have been increasing calls for a public health model for the prevention of CPSTD, although there has been a lack of clarity as to what exactly this should entail. The paper responds to empirical and conceptual shifts framing CPTSD as a shame disorder, and proposes that this shift offers new preventative opportunities. The paper develops a social ecological model of primary prevention to CPTSD with a focus on the reduction of shame and the promotion of dignity at the relational, institutional/public policy and macro-level. A broad overview of this model is provided with examples of preventative programs and interventions. It is argued that this model provides the foundation necessary for a holistic set of preventative interventions necessary to address the complex relational, social and structural factors that increase the risk and prevalence of CPSTD.

Learning Objectives:

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

- Describe the social ecological approach to the primary prevention of mental illness
- Identify the role of shame at multiple levels of society in the etiology of cPTSD
- List three prevention strategies to address the complex relational, social and structural factors that increase the risk and prevalence of CPSTD.

Presenter(s)

Heather Hall, MD

Dr. Hall is a board-certified adult psychiatrist. She has over thirty years of experience. She combines her expertise in psychopharmacology and psychotherapy in developing a treatment plan tailored to the needs of each individual. Before establishing her private practice, Dr. Hall was an associate clinical professor of psychiatry at UCSF and then UC Davis. She is currently on the board of directors of the International Society for the Study of Trauma and Dissociation and specializes in the treatment of complex trauma. Dr. Hall is a graduate of Smith College in Northampton MA. She completed her medical training at Drexel University in Philadelphia PA and her psychiatric training at The Institute of Pennsylvania hospital, also in Philadelphia. She lives in the Sacramento area with her husband of twenty-five years and enjoys playing classical piano.

Michael Salter, PhD

Dr Michael Salter is a Scientia Fellow and Associate Professor of Criminology at the University of New South Wales. His research is focused on child abuse and gendered violence, including primary prevention, complex trauma and technologically-facilitated abuse. He is the author of two books, *Organised Sexual Abuse* (Routledge, 2013) and *Crime, Justice and Social Media* (Routledge, 2017), and a range of papers on child abuse and gendered violence. A/Prof Salter sits on the Board of Directors of the International Society for the Study of Trauma and Dissociation, who awarded him the 2018 Morton Prince Award for Scientific Achievement. He is an Associate Editor of the journal *Child Abuse Review* and expert advisor to the Canadian Centre for Child Protection.

Timed Outline

30 minutes - The Prevalence of Complex PTSD

30 minutes - The Social and Community Impact of CPTSD

30 minutes - The Need for a Primary Prevention Approach to CPTSD

Relational
Community
Institutional
Macro-social

30 minutes - Break

30 minutes - Dignity in the Primary Prevention of CPTSD

30 minutes - A Framework for the Primary Prevention of CPTSD

Relational
Community
Institutional
Macro-social

15 minutes - Conclusion

15 minutes - Q&A

Continuing Education

The International Society for the Study of Trauma and Dissociation (ISSTD), #1744, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ISSTD maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive 3 continuing education credits.