



1

## What is CPTSD?

---

Considered a separate diagnosis by the World Health Organization and included in the ICD-11

---

Contains all the symptoms of PTSD with the unique symptomatology of disturbances of self-organization (DSO)

---

Currently not accepted by the American Psychiatric Association as a separate disorder from PTSD

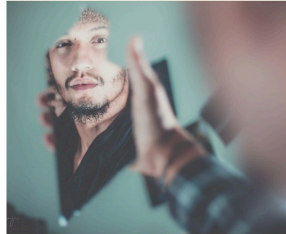
2

## Disturbances of Self- Self-Organization



### Affect dysregulation

Impaired ability to regulate and/or tolerate negative emotional states



### Negative self-concept

A person's overall perception and evaluation of themselves is critical



### Disturbances in relationship

Difficulty navigating interpersonal relationships or demonstrating perspective taking

3

## Characteristics



### Repetitive trauma

Prolonged or repetitive events from which escape is difficult or impossible

### Personality changes

- Inflexible and maladaptive features
- Hostile or mistrustful attitude toward the world
- Difficulty creating social bonds

### Include PTSD symptoms

- Re-experiencing in the present
- Avoidance
- Ongoing sense of threat

4

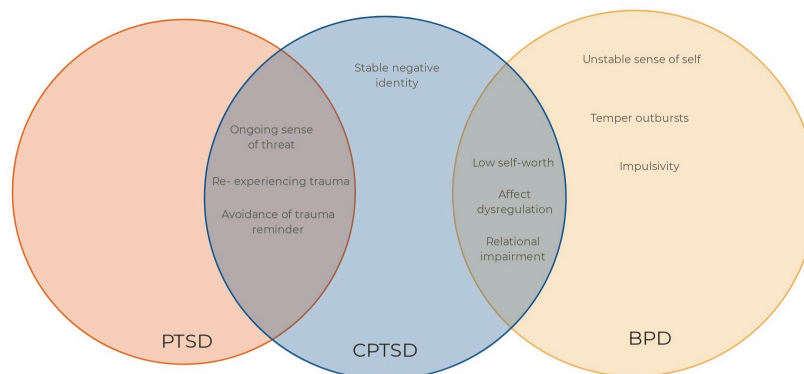
## Developmental Impacts

CPTSD is not simply a more serious form of PTSD. Due to the prolonged nature inherent in the traumatic events, cognitive schemas and brain development is impacted in a unique way.



5

## Differential Diagnosis



6

# Treatment

7

## Phased Treatment


Current Guidelines for CPTSD recommends phased treatment though this is debated

Stabilization (Phase I)

Processing trauma memories (Phase II)

Integration phase (Phase III)

8



Phase I	Phase II	Phase III
<ul style="list-style-type: none"> <li>• Aimed at ensuring the individual's safety by reducing self-regulation problems and improving distress tolerance and social competencies.</li> <li>• Increased by in and therapeutic alliance for dropout prone clients</li> <li>• DBT- PTSD</li> </ul>	<ul style="list-style-type: none"> <li>• Prolonged exposure therapy</li> <li>• EMDR</li> <li>• CPT</li> <li>• NET</li> <li>• CT-PTSD</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidates treatment gains</li> <li>• Adapt to current life circumstances</li> </ul>

9

## References

- De Jongh, A. D., Resick, P. A., Zoellner, L. A., Van Minnen, A., Lee, C. W., Monson, C. M., ... & Bicanic, I. A. (2016). Critical analysis of the current treatment guidelines for complex PTSD in adults. *Depression and anxiety*, 33(5), 359-369.
- Jowett, S., Karatzias, T., Shevlin, M., & Albert, I. (2020). Differentiating symptom profiles of ICD-11 PTSD, complex PTSD, and borderline personality disorder: A latent class analysis in a multiply traumatized sample. *Personality Disorders: theory, research, and treatment*, 11(1), 36.
- Reed, G. M., First, M. B., Billieux, J., Cloitre, M., Briken, P., Achab, S., ... & Bryant, R. A. (2022). Emerging experience with selected new categories in the ICD-11: Complex PTSD, prolonged grief disorder, gaming disorder, and compulsive sexual behaviour disorder. *World Psychiatry*, 21(2), 189-213.

10