

The term complex trauma was coined by Judith Herman nearly 30 years ago (Herman, 1992). In contrast to acute trauma, complex trauma reflects extreme stress that follows exposure to chronic and repeated traumatic experiences (Herman, 1992) typically involving caregivers or responsible adults. Cumulative interpersonal trauma can often lead to complex PTSD symptoms; however, many children who have experienced complex trauma demonstrate symptoms that are not captured by current diagnostic criteria in the DSM-5. Researchers and clinicians have advocated for Developmental Trauma Disorder (DTD) be added to the DSM-5, which in turn will help guide clinicians on implementing appropriate trauma-focused treatments for this population. Several evidence-based treatments have been established to treat complex trauma in children and these treatments continue to be studied.

LEARNING OBJECTIVES

1. Describe the impact of complex trauma vs. acute trauma.
2. Explain the utility of developmental trauma disorder (DTD) diagnostic criteria.
3. Identify two effective treatments for treating complex trauma.

*1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information.

REFERENCES

1. Cruz, D., Lichten, M., Berg, K., & George, P. (2022). Developmental trauma: Conceptual framework, associated risks and comorbidities, and evaluation and treatment. *Frontiers in Psychiatry*, 13. <https://doi.org/10.3389/fpsy.2022.800687>
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3. Spinazzola, J., Van Der Kolk, B., & Ford, J. D. (2018). When nowhere is safe: interpersonal trauma and attachment adversity as antecedents of posttraumatic stress disorder and developmental trauma disorder. *Journal of Traumatic Stress*, 31(5), 631–642. <https://doi.org/10.1002/jts.22320>

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CBT SEMINAR SERIES:

“Understanding Complex Trauma and Related Treatment Approaches”



Thursday, June 6th, 2024
12:00pm - 1:00pm



<https://weillcornell.zoom.us/j/95987937902>



Speaker Disclosure: Dr. Cohen has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

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Morgan T. Cohen is a postdoctoral fellow in the Child and Adolescent Outpatient Department at NewYork-Presbyterian Westchester Behavioral Health Center. Dr. Cohen completed her Bachelor of Arts in Psychology from the University of Maryland and earned her PhD in Clinical Psychology from St. John's University with a specialization in child and adolescent psychology. She completed an APA-accredited internship at Bellevue Hospital Center and NYU Child Study Center. Dr. Cohen has trained in multiple settings including inpatient, psychiatric emergency rooms, partial hospitalization, as well as child, adolescent, and adult outpatient clinics. Dr. Cohen specializes in evidence-based treatments for anxiety, OCD, mood, and trauma-related disorders and works with children, adolescents, parents, and young adults. Dr. Cohen has training in a variety of treatments including Dialectical Behavior Therapy (DBT) as well as Cognitive Behavioral Therapies (CBTs) such as Trauma-Focused CBT (TF-CBT), Exposure/Response Prevention (ERP), Parent Child Interaction Therapy (PCIT), and Parent Management Training (PMT).