Treatment of Complex Trauma
A Sequenced, Relationship-Based Approach

Christine A. Courtois, PhD, ABPP

Workshop Description
Complex posttraumatic conditions often develop in the aftermath of chronic cumulative trauma, particularly severe child abuse and neglect. It can also develop in adulthood from a variety of traumatic circumstances. The objective of this workshop is to provide clinicians with an increased understanding of the nature, diagnosis, and treatment of these conditions, drawing upon recent clinical writings and guidelines based on empirical findings. Topics to be covered include: types of trauma and complex trauma, diagnostic criteria for complex forms of PTSD and the dissociative disorders, treatment philosophy, treatment frame issues, sequenced treatment, and specific strategies and approaches, especially those directed towards affect regulation, ego-enhancement, symptom stabilization, and the maintenance of the client’s functioning. Treatment of various durations and intensities will be discussed. Attendees will be apprised of current advances in treatment as well as controversial issues. The importance of the therapeutic relationship to the treatment will be stressed; discussion of relational approaches will be interwoven throughout the presentation.

Learning Objectives
1. Identify the aftereffects of chronic cumulative trauma (particularly during childhood) as a complex posttraumatic condition and will be able to identify criteria of this condition.
2. Describe the philosophy and sequencing of treatment for complex posttraumatic conditions.
3. Identify a variety of treatment strategies and techniques for complex posttraumatic conditions.
4. Comprehend the major relationship issues in treating these conditions and the need for attention to self-care.
Presenter Biography
Christine A. Courtois, PhD, ABPP is a Board Certified Counseling Psychologist in independent practice in Washington, DC. She received her PhD from the University of Maryland in College Park, in 1979. Dr. Courtois is Past-President of Division 56 (Psychological Trauma) of the American Psychological Association and a Founding Associate Editor of the Division’s journal, Psychological Trauma: Theory, Research, Practice, & Policy. She has recently published The Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach, (2013) co-authored with Dr. Julian Ford, a revision of Healing the Incest Wound: Adult Survivors in Therapy (2010), and Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide (2009) co-edited with Dr. Ford. She is directing the development of guidelines for the treatment of complex trauma for three professional organizations and has been appointed to the APA’s Guideline Development Panel for PTSD. She is Co-Founder (in 1990, with Joan Turkus, MD) of The CENTER: Posttraumatic Disorders Program, Washington, DC where she served as Clinical and Training Director for 16 years.

She has received the following major professional awards:
- 2010 Print Media Award with co-editor Dr. Julian Ford for Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide (Guilford, 2009), the International Society for the Study of Trauma and Dissociation;
- 2008 Outstanding Alumni Award (College of Education), Alumni Association, The University of Maryland, College Park;
- 2007 Alumni Outstanding Professional Award, The University of Maryland College of Education;
- 2007 Outstanding Contributions to Professional Practice Award from Division 56 (Psychological Trauma), American Psychological Association;
- 2006 Lifetime Achievement Award from the International Society for the Study of Trauma and Dissociation;
- 2005 Distinguished Contribution to the Psychology of Women Award from the Committee on the Psychology of Women, American Psychological Association;
- 2003 Sarah Haley Award for Clinical Excellence, International Society for Traumatic Stress Studies;
- 2001 Cornelia Wilbur Award, International Society for the Study of Dissociation;
- 1996 Award for Distinguished Contributions to Psychology as a Professional Practice, American Psychological Association.

Contact information:
Christine A. Courtois, PhD, ABPP
Courtois & Associates, PC
5225 Wisconsin Ave., NW, Suite 200
Washington, DC 20015
Phone: (202)362-2776
Fax: (202) 362-2778
E-mail: CACourtoisPhD@aol.com
www.drchriscourtois.com