

Complex Trauma Treatment Guidelines

This treatment guideline handout is based on information provided by the American Psychological Association.

Clinicians are encouraged to become familiar with different interventions to determine which treatment might be consistent with their practice and support their clients with post-traumatic stress disorder (PTSD). Mental health clinicians are also encouraged to seek outside training in these therapy modules to support their clients (American Psychological Association, 2020).

The following four treatment modules are **strongly recommended**.

Cognitive behavioral therapy (CBT)

Cognitive behavioral therapy focuses on the relationships among thoughts, feelings, and behaviors; targets current problems and symptoms; and focuses on changing patterns of behaviors, thoughts, and feelings that lead to difficulties in functioning.

Cognitive behavioral therapy notes how changes in any one domain can improve functioning in the other domains. For example, altering a person's unhelpful thinking can lead to healthier behaviors and improved emotion regulation. It is typically delivered over 12-16 sessions in either individual or group format.

Cognitive processing therapy (CPT)

Cognitive processing therapy is a specific type of cognitive behavioral therapy that helps patients learn how to modify and challenge unhelpful beliefs related to the trauma.

CPT is generally delivered over 12 sessions and helps patients learn how to challenge and modify unhelpful beliefs related to the trauma. In doing so, the patient creates a new understanding and conceptualization of the traumatic event so that it reduces its ongoing negative effects on current life.

Cognitive therapy

Derived from cognitive behavioral therapy, cognitive therapy entails modifying the pessimistic evaluations and memories of trauma, with the goal of interrupting the disturbing behavioral and/or thought patterns that have been interfering in the person's daily life.

Treatment entails modifying the pessimistic evaluations and memories of trauma, with the goal of interrupting the disturbing behavioral and/or thought patterns that have been interfering with the person's daily life. It is typically delivered in weekly sessions over three months individually or in groups.

Prolonged exposure

Prolonged exposure is a specific type of cognitive behavioral therapy that teaches individuals to gradually approach trauma-related memories, feelings and situations. By facing what has been avoided, a person presumably learns that the trauma-related memories and cues are not dangerous and do not need to be avoided.

Typically provided over a period of about three months with weekly individual sessions. Sixty- to 120-minute sessions are usually needed in order for the individual to engage in exposure and sufficiently process the experience.

Emotional Abuse The Trauma And The Treatment

Lei Huang



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