

Conceptualising Post Traumatic Stress Disorder and Complex PTSD: Video Course

Christiane Sanderson

Video Course
CPD/CE credits: 5

Price: £135



Online video access remains available for 1 year from the date you receive the video course.

The focus of this training is the conceptualisation and assessment of Post-Traumatic Stress Disorder (PTSD) and Complex Post Traumatic Stress Disorder (C-PTSD). We consider:

- The nature and main features of PTSD, including the main criteria and symptoms as identified by Diagnostic Statistical Manual version 5 (DSM-V) (APA, 2013)
- The recent addition of subtype: **PTSD with Prominent Dissociative Symptoms** will also be explored, and we will evaluate its link to dissociative disorders and childhood abuse
- In addition, the diagnostic category of C-PTSD by the World Health Organisation in the International Classification of Diseases version 11 (ICD-11; WHO, 2019) will be introduced and assessed. We will consider its robustness as a more inclusive and comprehensive formulation of PTSD that accounts for prolonged and repeated exposure to interpersonal trauma
- The myriad clinical challenges in diagnosing PTSD and C-PTSD will be unpacked including:
 - o the impact of subsyndromal PTSD
 - o the **need to view PTSD on a spectrum and the value of reformulating it as Post Traumatic Injury** rather than a disorder
- We will also consider the **link between C-PTSD and personality disorder**, in particular Borderline Personality Disorder, Dissociative Disorders, Somatic Symptoms and Related Disorders evaluating both comorbidity and misdiagnosis

Participants will have the opportunity to familiarise themselves with a range of assessment scales to measure the impact of trauma including:

- ICD-11 Trauma Questionnaire
- Traumatic Events Checklist (TEC) (Nijenhuis et al 2001)
- Trauma Symptom Inventory

- Dissociative Experiences Scale (DESI) & the Somatoform Dissociation Questionnaire (SDQ20) (Nijenhuis et al 1996) and
- the Somatic Symptom Severity Scale –PHQ-15
- Through a number of case studies, participants will be encouraged to develop their own trauma focused case formulation to aid their practice and optimise the therapeutic process within a trauma framework

Specifically, we cover:

- Conceptualisation of PTSD & C-PTSD and diagnostic criteria
- **Predictors of PTSD including peri-traumatic dissociation, age at time of trauma** and ability to process
- Clinical challenges such as sub-syndromal PTSD
- **Co-Morbidity such as substance misuse, self-harm and depression**
- Misdiagnosis including personality disorders, borderline personality disorder, bi-polar disorder, dissociative disorders, psychosis, and schizophrenia
- Familiarisation with a range of assessment scales
- Opportunity to develop our own trauma focused case formulation through a number of case studies

About the speaker

Christiane Sanderson BSc, MSc is a senior lecturer in Psychology at the University of Roehampton, of London with 30 years of experience working with survivors of childhood sexual abuse and sexual violence. She has delivered consultancy, continuous professional development and professional training for parents, teachers, social workers, nurses, therapists, counsellors, solicitors, the NSPCC, the Catholic Safeguarding Advisory Committee, the Methodist Church, the Metropolitan Police Service, SOLACE, the Refugee Council, Birmingham City Council Youth Offending Team, and HMP Bronzefield. She is a regular speaker at nscience and delivers workshops covering topics ranging from *Sexual Violence and Domestic Abuse* to *Complex Trauma*. She is the author of *Counselling Skills for Working with Shame*, *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse*, *Counselling Adult Survivors of Child Sexual Abuse*, 3rd edition, *Counselling Survivors of Domestic Abuse*, *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*, and *Introduction to Counselling Survivors of Interpersonal Trauma*, all published by Jessica Kingsley Publishers. She has also written *The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence*; *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths*, *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends* and *Numbing the Pain: A pocket guide for professionals supporting survivors of childhood sexual abuse and addictions* for the charity One in Four for whom she is a trustee.



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Questions and requests for information: customerservices@nscience.co.uk

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