

Understanding and Treating Complex PTSD in Clinical Practice

Video resource pack

Dr Arielle Schwartz & Christiane Sanderson

Video Course

CPD hours: 7 / CE credits: 5



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

This video resource pack includes:

- *Complex PTSD: An Integrative, Mind-Body Approach to Treating Clients with Chronic, Repeated, and/or Developmental Trauma (Dr Arielle Schwartz)*
- *Conceptualizing Post-Traumatic Stress Disorder and Complex PTSD (Christiane Sanderson)*

This two-part video course pack provides mental health practitioners with an integrative understanding of Complex PTSD (C-PTSD) and Post-Traumatic Stress Disorder (PTSD). The courses offer both theoretical and practical insights into treating clients with chronic, repeated, and developmental trauma, while also exploring the diagnostic complexities of PTSD and C-PTSD.

This video resource pack contains two complete workshops (CPD hours: 7 / CE credits: 5) that cover:

Course 1: Complex PTSD: An Integrative, Mind-Body Approach to Treating Clients with Chronic, Repeated, and/or Developmental Trauma (CPD: 2 / CE: N/A)

Dr. Arielle Schwartz presents a comprehensive approach to treating clients with Complex PTSD, which often originates in prolonged or developmental trauma. This course emphasizes the need for an integrative, mind-body framework that addresses the dysregulated affect and arousal states accompanying C-PTSD. Clinicians will gain confidence in organizing and prioritizing treatment goals, learning to compassionately guide clients through the difficult process of trauma recovery using strength-based interventions.

What You Will Learn:

- How to effectively organize and prioritize treatment goals for clients with a history of multiple traumatic events.
- Techniques to regulate affect and arousal states in clients with C-PTSD, fostering resilience and post-traumatic growth.



- Practical mind-body strategies for helping clients confront and process traumatic memories in a safe, structured way.

Key Topics:

- Developing an integrative mind-body approach to address trauma, dysregulation, and emotional distress.
- Tools for addressing chronic trauma exposure and fostering client resilience through body-centered interventions.
- Leading-edge methods for regulating affect and promoting trauma recovery through a strength-based lens.

Course 2: Conceptualizing Post-Traumatic Stress Disorder and Complex PTSD (CPD: 5 / CE: 5)

This course delves into the conceptualization and diagnostic complexities of PTSD and Complex PTSD. Led by expert clinicians, this training provides a thorough examination of the criteria for PTSD (DSM-V) and C-PTSD (ICD-11), exploring how these conditions overlap, diverge, and influence treatment outcomes.

Participants will explore key diagnostic challenges, comorbidities, and the practical application of assessment tools, offering clarity on how to differentiate PTSD from other psychiatric conditions.

What You Will Learn:

- The core features of PTSD and C-PTSD, and how the conceptualization of these conditions impacts clinical practice.
- Diagnostic challenges, including comorbidities with personality disorders, substance misuse, and dissociative symptoms.
- How to apply assessment tools such as the ICD-11 Trauma Questionnaire and the Trauma Symptom Inventory in clinical settings.

Key Topics:

- The evolving understanding of PTSD and C-PTSD, including the addition of PTSD with Prominent Dissociative Symptoms.
- How to assess clients using a range of trauma-specific assessment scales to improve diagnosis and treatment planning.
- Exploring the connection between C-PTSD and personality disorders, and understanding the risks of misdiagnosis in trauma clients.

Learning Objectives Across Both Courses:

By completing both video courses, participants will gain a robust framework for understanding, diagnosing, and treating complex trauma, with specific learning objectives that include:

- Discuss leading-edge strategies that will allow us to successfully address the dysregulated affect and arousal states that accompany C-PTSD.
- Use practical tools that facilitate a strength-based approach to trauma recovery and increased resilience in your clients.
- **Identify the predictors of PTSD including peri-traumatic dissociation, age at time of trauma and ability to process**
- Identify clinical challenges such as sub-syndromal PTSD



- Discuss Co-Morbidity such as substance misuse, self-harm and depression as well as misdiagnosis including personality disorders, borderline personality disorder, bi-polar disorder, dissociative disorders, psychosis, and schizophrenia
- Apply a range of assessment scales

Who Should Attend: This course pack is designed for mental health professionals working with clients who have experienced prolonged or developmental trauma. It is particularly valuable for those looking to deepen their understanding of the diagnostic challenges of PTSD and C-PTSD while incorporating evidence-based, mind-body approaches to treatment.

This comprehensive video course pack offers a deep dive into the complexities of treating and conceptualizing PTSD and C-PTSD. With practical tools and advanced insights, clinicians will be equipped to offer their clients a structured, compassionate path toward recovery.

About the speakers

Arielle Schwartz, PhD, is a licensed clinical psychologist, EMDR Therapy consultant, somatic psychotherapist, and Registered-Experienced Yoga Teacher (R-EYT) with a private practice in Boulder, Colorado. She earned her Doctorate in Clinical Psychology at Fielding Graduate University and holds a Master's degree in Somatic Psychology through Naropa University. She is the author of six books on trauma recovery. She is an internationally sought out teacher in collaboration with the Polyvagal Institute, AGATE Institute, PESI & PESI UK, Sounds True, Psicologia Italia, Leading Edge Seminars, The Embody Lab, EMDR Integrative, nscience, and the Integrative Psychiatry Institute. Her presentation topics include somatic psychology, EMDR Therapy, complex PTSD, attachment trauma, and treating chronic pain and illness. She is an R-EYT offering courses on applied polyvagal theory in therapeutic yoga for trauma recovery. Her integrative, mind-body approach to therapy includes relational therapy, parts-work therapy, somatic psychology, EMDR Therapy, and yoga therapy.

Christiane Sanderson BSc, MSc. is an Honorary Senior Lecturer in Psychology at the University of Roehampton, of London with 35 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 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* and *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends for the charity One in Four* for whom she is a trustee.

FULL COURSE INFORMATION

Course 1: Complex PTSD: An Integrative, Mind-Body Approach to Treating Clients with Chronic, Repeated, and/or Developmental Trauma (Dr Arielle Schwartz, CPD hours: 2 / CE credits: N/A)



Most of us, as mental health practitioners are trained in the treatment of single traumatic events. However, clients with complex PTSD (C-PTSD) come to therapy with an extensive history of trauma that often begins in childhood and continues into adulthood with layers of personal, relational, societal, or cultural losses.

It takes tremendous courage for a client to confront traumatic memories and emotions. Successful treatment requires a compassionate therapeutic relationship *and* effective, research-based interventions.

The most common question asked by clinicians treating C-PTSD is, “*where do I start?*” In this seminar, we will develop confidence in our ability to successfully organize and prioritize our client’s treatment goals. You will learn how to compassionately and effectively work with clients who have experienced multiple traumatic events and prolonged trauma exposure.

Dr Arielle Schwartz explains valuable leading-edge strategies that will allow us to successfully address the dysregulated affect and arousal states that accompany C-PTSD. You will leave this seminar with practical tools that facilitate a strength-based approach to trauma recovery and increased resilience in your clients.

Learning Objectives:

- Discuss leading-edge strategies that will allow us to successfully address the dysregulated affect and arousal states that accompany C-PTSD.
- Use practical tools that facilitate a strength-based approach to trauma recovery and increased resilience in your clients.

Course 2: Conceptualising Post Traumatic Stress Disorder and Complex PTSD (Christiane Sanderson, CPD hours: 5 / CE credits: 5)

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

Learning Objectives:

- **Identify the predictors of PTSD including peri-traumatic dissociation, age at time of trauma** and ability to process
- Identify clinical challenges such as sub-syndromal PTSD
- Discuss Co-Morbidity such as substance misuse, self-harm and depression as well as misdiagnosis including personality disorders, borderline personality disorder, bi-polar disorder, dissociative disorders, psychosis, and schizophrenia
- Apply a range of assessment scales

There is no known commercial support for this program

This video resource pack does not qualify for CE credits.

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

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

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