

Treating Complex Trauma: a sequenced, relationship-based approach

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Level: Intermediate

This workshop will provide a follow-up to the morning's keynote address. The phases of the sequenced treatment model will be discussed in more detail, as will the modalities of treatment. The presentation will begin with an overview of assessment approaches and psychological instruments that are useful at the initiation of treatment and over its course. Evidence-based treatments and their applicability will be discussed, as will novel approaches with less of an evidence base. The relational base of the treatment which occurs within a posttraumatic and dissociative relational matrix will be highlighted as these dynamics provide treatment challenges that do not occur with a non-traumatised population. Case material will be used to illustrate the issues discussed in this workshop.

Learning Objectives:

1. Attendees will gain an understanding of various empirically and clinically supported modalities in the sequenced treatment of complex posttraumatic conditions.
3. Attendees will be able to identify a variety of relational challenges in the treatment of complex posttraumatic conditions.
4. Attendees will gain an understanding of the significance of a safe and secure therapeutic relationship in working with individuals who suffer from interpersonally-based complex trauma.