

KEY POINTS

UNDERSTANDING COMPLEX TRAUMA, THE IMPACTS AND INTERVENTION

Set of developmental CONSEQUENCES related to adverse and traumatic experiences that:

- Are interpersonal and often involve a betrayal as it comes from those who should have been caring for the youth;
- Are sustained, chronic and numerous;
- Cause direct harm through various forms of maltreatment (neglect, abuse, abandonment, exposure to violence...);
- Occur at vulnerable times in the youth development.



Ford & Courtois, 2013



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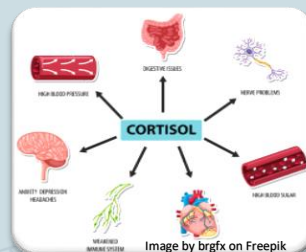


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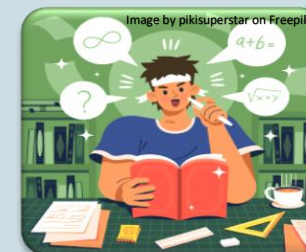


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Cook et al. 2005

ATTACHMENT

Insecure attachment
Distrust, sees everything as dangerous

BIOLOGY

Dysregulated alarm system
Physiological issues

AFFECT REGULATION

Difficulty in identifying and recognizing one's own and others' emotions
Difficulty in regulating and expressing emotions

BEHAVIOUR MANAGEMENT

Externalized and internalized behavioural problems

DISSOCIATION

Defensive strategy to cope with the intolerable: changes in mood, amnesia, trance-like state...

COGNITION

Impaired cognitive development: executive functions, intelligence, learning, etc

SELF CONCEPT

Poorly defined identity
Negative or falsely positive view of self
Shame, despair