

**EVIDENCE-BASED ASSESSMENT AND TREATMENTS FOR TRAUMATIC STRESS-
RELATED DISORDERS- 80103-97284**

Denise Hien, Ph.D.

Tuesday, 9:45-11:45

Room 8-131

Office Hours: By appointment via email

Course Description

This doctoral level clinical course will focus on epidemiology, and evidence based-assessment and treatments for the significant contemporary social and public health problem of psychological trauma. Students will become knowledgeable about the epidemiology, risk factors, developmental issues, correlates and mental health consequences of traumatic stress for children and adults. Topics will include a comprehensive review of diagnosis and associated features of complex trauma, psychiatric comorbidity, neurological underpinnings, issues of interpersonal functioning and self-regulation. Students will be exposed to current, state of the art assessment and evidence based treatment models for trauma and complex trauma disorders including cognitive processing therapy, prolonged exposure, pharmacological, sensorimotor, and other integrative psychotherapeutic approaches. Challenges in providing effective treatment, issues of transference/countertransference and vicarious traumatization will also be covered.

Overall Course Objectives:

To promote critical thinking and to employ these skills while learning about interdisciplinary models of traumatology through a series of readings and discussions of the contemporary clinical and research evidence base. In addition, a major aim will be for students to gain a repertoire of basic knowledge through exposing students to practical guidelines regarding assessment and multi-modal treatments for trauma related disorders, and evidence based practices common in mental health programs. As an overriding philosophy, psychological concepts will incorporate an understanding of multicultural influences including (but not limited to) racial, ethnic, cultural, gender, sexual and social class in relation to traumatic stress exposure and clinical treatment issues. Across all topics, communication skills in oral and written formats will be evaluated.

Recommended Background Reading:

- Herman, J. (2002). *Trauma and Recovery*, New York: Basic Books.

Required Texts:

- Courtois, C., Ford, J., van der Kolk, B., and Herman, J. Eds. (2009). *Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide*, New York: Guilford Press.
- Davies, J & Frawley, M.G. (1994). *Treating the Adult Survivor of Childhood Sexual Abuse*, New York: Basic Books
- Hien, D., Litt, L., Cohen, L., Miele, G., & Campbell, A. (2009). *Trauma Services for Women in Substance Abuse Treatment: An Integrated Approach*, Washington, DC: American Psychological Association Press
- Van der Kolk, B., McFarlane, A., & Weisaeth, L. (1996). *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*

Recommended Manuals:

- Cloitre, M., Cohen, L. & Koenen, K. (2006). *Treating Survivors of Childhood Abuse: Psychotherapy for the Interrupted Life*, New York: Guilford Press.
- Foa, E. Hembree, E., & Rothbaum, B. (2007). *Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences Therapist Guide (Treatments That Work)*, London: Oxford University Press, Inc.
- Resick, P. & Schnicke, M. (1996), *Cognitive Processing Therapy for Rape Victims: A Treatment Manual (Interpersonal Violence: The Practice Series)*, Newbury Park, CA: Sage Publications, Inc.

A handout package with additional readings will be distributed.

Assignments and Grades:

- Students will be required to write a 1-page response paper to weekly readings (10%)
- Attendance (5%)
- Midterm Exam (25%)
- Students will be asked to do an in-class presentation of a clinical case that will be discussed in relation to specific class readings and content. This should be accompanied by a three to five page write up of the case material, following a standard format (to be distributed) (25%)
- For a final project students may choose to focus on either a research or clinical topic (35%)
 - Research Option: Students will write a final research proposal on one of the topics discussed in this course (topic approval required from professor). Research papers are to contain specific aims, background and significance, proposed design and research methods, and some discussion of potential scientific impact. Each proposal should be no more than 10 double-spaced pages in length.

- Clinical Option. Students may choose to conduct and write-up a clinical trauma consultation. If you choose this option, your in-class presentation should be of the same case in which you will conduct the clinical consultation. This consultation will then cover both a formal assessment phase and the application of 1-3 sessions of an EBP (to be planned during the in-class presentation with supervision from the professor) focusing on teaching and implementing coping skills. A model for the formal consultation write-up will be given.

Policy for missed exam or late papers:

No makeup exams will be given and a failing grade will be issued for that exam. Late papers will not be accepted.

9/1/2009 Week 1. Historical and Theoretical Models as Background for Considerations of Traumatic Stress and How to Treat Its Consequences

Traumatic Stress, Chapter 1: The Black Hole of Trauma; Chapter 3: History of Trauma in Psychiatry

Treating the Adult Survivor of Childhood Sexual Abuse, Chapter 1: Trauma and Childhood Sexual Abuse in Psychoanalysis; Chapter 2: Long term sequelae and diagnosis of childhood sexual abuse

Handouts:

- *Treating Survivors of Childhood Abuse: Psychotherapy for the Interrupted Life*, Chapter 1: The Trauma of Childhood Abuse: A Resource Loss Model
- LeDoux. *The Emotional Brain*. Chapter 6: A few degrees of separation; Chapter 7: Remembrance of emotions past; Chapter 8: Where the wild things are.
- Mowrer, O. H. (1939). A stimulus-response analysis of anxiety and its role as a reinforcing agent. *Psychological Review*, 46:553-565.
- Teicher MH, Andersen SL, Polcari A, Anderson CM, Navalta CP, Kim DM. (2003). The neurobiological consequences of early stress and childhood maltreatment. *Neurosci Biobehav Jan-Mar*; 27(1-2), 33-44
- Clinical Vignette: Excerpt from Freud's *Dora: An analysis of a case of hysteria*.

9/8/2009 Week 2: Overview of Trauma and PTSD: How do We Define Trauma?

Traumatic Stress, Chapter 5: Stress versus Traumatic Stress; Chapter 6: The Classification of Trauma Stress Disorder; Chapter 7: The Nature of Traumatic Stressors and Epidemiology

Treating Complex Traumatic Stress Disorders, Chapter 1: Defining and understanding complex trauma and complex trauma disorders; Chapter 5: Assessment of the sequelae of complex trauma: Evidence-based measures

Treating the Adult Survivor of Childhood Sexual Abuse, Chapter 3: An integrative model of childhood sexual abuse

Handouts:

- Bernstein, D., & Fink, L. (1993). Initial reliability and validity of a new retrospective measure of child abuse and neglect. *American Journal of Psychiatry*, 151, 1132-1136;
- Blake, D.D., Weathers, F.W., Nagy, L.N., Kaloupek, D.G., Gusman, F., Charney, D.S., & Keane, T.M. (1995). The Development of a clinician-administered PTSD Scale. *Journal of Traumatic Stress*, 8, 75-90.
- Gray, M.J., Litz, B.T., Hsu, J.L. & Lombardo, T.W. (2004). Psychometric properties of the life events checklist. *Assessment*, 11(4), 330-341,

Measures:

- The Clinician Administered PTSD Scale (CAPS, Weathers et. al.)
- Childhood Trauma Questionnaire, CTQ; Bernstein, D., Fink, L., Handelsman, L., Foote, J., Lovejoy, M., Wenzel, K., Sapareto, E., & Ruggiero, J. (1994).
- Life Events Questionnaire (Fullilove, adapted by Hien).

9/15/2009 Week 3: Child Maltreatment and Attachment: Developmental Theory of Intergenerational Trauma

Traumatic Stress, Chapter 14: Traumatic Stress in Childhood and Adolescence; Chapter 15: Prior Traumatization and the Process of Aging

Treating Complex Traumatic Stress Disorders, Chapter 6: Assessment of attachment and abuse history, and adult attachment style.

Handouts:

- *Treating survivors of childhood abuse: Psychotherapy for the Interrupted Life*, Chapter 2: Attachment: When protector and perpetrator are one
- Crittendon, P.M., & Ainsworth, M.D.S. (1989). Child maltreatment and attachment theory. In V. Carlson & D. Cicchetti (Eds.) *Child Maltreatment: Theory and research on the*

causes and consequences of child abuse and neglect (pp. 432-463). Cambridge: Cambridge University Press.

- Egeland, B. & Sroufe, A. (1981). Attachment and early child maltreatment. *Child Development*, 52, 44-52.
- Schore, A.N. (2001). The effects of early relational trauma on right brain development, affect regulation, & infant mental health, *Infant Mental Health Journal*, 22, 201-269.
- Clinical reading: Fraiberg, S., Adelson, E., & Shapiro, V. (1975) Ghosts in the nursery: A psychoanalytic approach to the problems of impaired infant-mother relationships. *J Am Acad Child Psychiatry*, 14(3), 387-421.

9/15/2009 Week 4. Working with Parents and Being a Mandated Reporter: Walking the Fine Line.

Trauma Services for Women in Substance Abuse Treatment: An Integrated Approach, Chapter 6: Parenting, Chapter 9: Special Considerations in Approaching Trauma Work

Handouts:

- Cohen, LC, Hien DA, & Batchelder, S. (2008). Intergenerational trauma: Parenting deficits among mothers with child sexual abuse and PTSD. *Child Maltreatment*, 13, 27-39.
- Widom, C.S. (1989). Does violence beget violence? A critical examination of the literature. *Psychological Bulletin*, 106(1), 3-28.

9/22/2009 Week 5. PTSD, Brain and Body: Neurobiological Underpinnings

Traumatic Stress, Chapter 10: The Body Keeps Score

Treating Complex Traumatic Stress Disorders, Chapter 2: Neurobiological and developmental research: Clinical implications

Handouts:

- De Bellis, (2002) Developmental traumatology: a contributory mechanism for alcohol and substance use disorders, *Psychoneuroendocrinology* 27 155-170
- Hien, (in press). The biology of trauma and substance abuse. Center for Substance Abuse Treatment, *Trauma Treatment Improvement Protocol (TIP)*.
- Yehuda, R. & MacFarlane, A. (1995) Conflict between current knowledge about posttraumatic stress disorder & its original conceptual basis, *American Journal of Psychiatry*, 152(12), 1705-1713.

9/29/2009 Week 6. Diagnostic Challenges: PTSD, Mental Health and Substance Comorbidities

Trauma Services for Women in Substance Abuse Treatment, Chapter 3:

Other Co-occurring Psychiatric Disorders

Traumatic Stress, Chapter 9: The Complexity of Adaptation of Trauma

Handouts:

- Cottler LB, Compton WM, Mager D, Spitznagel EL, Janca A. (1992). Post-traumatic stress disorder among substance users from the general population. *American Journal of Psychiatry*, 149, 664-670.
- Kendler, K., Bulik, C., Silberg, J., Hettema, J., Myers, J., & Prescott, C. (2000). Childhood sexual abuse and adult psychiatric and substance use disorders in women: An epidemiological and Cotwin Control analysis. *Archives of General Psychiatry*, 57, 953-959.
- Kessler, R., Sonnega, A., Bromet, E., Hughes, M., & Nelson, C. (1995). Posttraumatic stress disorder in the national comorbidity study, *Archives of General Psychiatry*, 52, 1048-1060, p. 1056).
- Schutzwahl and Maercker (1999). "Effects of Varying Diagnostic Criteria for Posttraumatic Stress Disorder Are Endorsing the Concept of Partial PTSD." *Journal of Traumatic Stress*, 12 (1).

10/6/2009 Week 7. Complex Trauma: Emotion Regulation, Interpersonal Functioning & Dissociation

Trauma Services for Women in Substance Abuse Treatment, Chapter 4: Emotion Regulation; Chapter 5: Interpersonal Functioning

Treating the Adult Survivor of Childhood Sexual Abuse, Chapter 4: Dissociation

Handouts:

- *Treating Survivors of Childhood Abuse: Psychotherapy for the Interrupted Life*, Chapters 7: Transforming Shame and Loss
- Carlson, E.B., & Putnam, F.W. (1993). An update on the Dissociative Experiences Scale. *Dissociation*, 4, 16-25.
- Pelcovitz, D, van der Kolk, B, Roth, S., Mandel, F, Kaplan, S. & Resick, P. (1997) Development of a criteria set and a structured interview for disorders of extreme stress (SIDES). *Journal of Traumatic Stress*, 10, 3-16.

10/13/2009 Week 8. Assessment of Partner Violence, and Safety Planning

Trauma Services for Women in Substance Abuse Treatment, Chapter 9: Special Considerations in Approaching Trauma Work, Appendix B Assessment Tools

Traumatic Stress, Chapter 11: Assessment of PTSD in Clinical and Research Settings

Handouts:

- Straus, Murray A., Sherry L. Hamby, Susan Boney-McCoy, and David B. Sugarman. 1996. The revised Conflict Tactics Scales (CTS2): Development and preliminary psychometric data. *Journal of Family Issues* 17:283-316.

10/20/2009 Week 9. **Treatment Overview for Adult Work**

Trauma Services for Women in Substance Abuse Treatment, Chapter 2: Psychotherapy Models and Treatment Considerations; Appendix A: Treatments for PTSD and SUD

Traumatic Stress, Chapter 18: A General Approach to Treatment of PTSD

Treating Complex Traumatic Stress Disorders, Chapter 4: Best Practices in Psychotherapy of Adults

10/27/2009 & 11/3/2009 Weeks 10 & 11. **Cognitive Behavioral Models and Treatment**

Traumatic Stress: Cognitive-Behavioral Therapy for PTSD

Treating Complex Traumatic Stress Disorders, Chapter 12: Cognitive Behavioral Therapy; Chapter 13: Contextual Behavior Trauma Therapy

Handouts:

- (From Recommended Manuals)
- *Cognitive Processing Therapy for Rape Victims: A Treatment Manual*, Chapters 4-15.
- *Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences Therapist Guide (Treatments That Work)*, Chapters 3-5.

11/10/2009 Week 12. **Working with Affect and Complex Trauma**

Treating Complex Traumatic Stress Disorders, Chapter 7: Treating Dissociation; Chapter 14: Experiential and Emotion Focused Therapy

Handouts:

- *Treating survivors of childhood abuse: Psychotherapy for the Interrupted Life*, Chapter 11: Emotional Awareness, Chapter 12: Emotion Regulation, Chapter 13: Emotionally Engaged Living
- Siegel, D. *The Developing Mind*, Chapter 7: Self-regulation

11/17/2009 & 11/24/2009 Weeks 13 & 14. Recovering Memories: How to work Safely within a Therapeutic Frame

Traumatic Stress, Chapter 24: Psychoanalytic Psychotherapy of PTSD; Chapter 25 The Therapeutic Environment and New Explorations in the treatment of Posttraumatic Stress

Treating the Adult Survivor of Childhood Sexual Abuse, Chapter 5: Disclosure and the recovery of memories; Chapter 6: Reality testing and the question of validation; Chapter 7: Exposure to danger, the erotization of fear and compulsive self abuse

Handouts:

- *Treating survivors of childhood abuse: Psychotherapy for the Interrupted Life*, Chapter 6: Working with Traumatic Memories, Chapter 19: Introduction to NST, Chapter 20: Narrative of First Memory
- Siegel, D. *The Developing Mind*, Chapter 2: Memory, 43-66

12/1/2009 Week 15. Mind and Body: Psychopharmacological and Sensorimotor Approaches

Traumatic Stress, Chapter 23: The Psychopharmacological Treatment of PTSD

Handouts:

- Ogden, P. & Minton, K. (2000). Sensorimotor psychotherapy: One method for processing traumatic memory. *Traumatology*, 6(3), 3.

12/8/2009 Week 16. Integrating Psychodynamic Perspectives to Illuminate the Therapeutic Relationship in Trauma Work

Trauma Services for Women in Substance Abuse Treatment, Chapter 9: Special Considerations in Approaching Trauma Work

Treating Complex Traumatic Stress Disorders, Chapter 9: Therapeutic alliance and risk management; Chapter 10: Living and working self-reflectively to address vicarious traumatization

Treating the Adult Survivor of Childhood Sexual Abuse, Chapter 8: The impact of trauma on transference and countertransference; Chapter 9: Eight transference-countertransference positions; Chapter 10: Transference Countertransference: A case example.

