

COMPLEX POST TRAUMATIC STRESS DISORDER (C-PTSD)



C-PTSD it is the result of a series of de-stabilizing incidents that happen over a period of time over which the victim has no or little control, with no or little hope of escape. The victim is held prisoner by the perpetrator through physical or emotional violence.

Which Incidents Can Cause C-PTSD

- Adulthood: long-term domestic - emotional, physical or sexual abuse
- Childhood: long-term - emotional, physical or sexual abuse by a primary caregiver. Emotional abuse can consist of neglect, abandonment, and being over controlled
- Torture, kidnapping or slavery
- Forced to become a sex worker
- Being a prisoner of war
- Repeatedly experiencing or witnessing incidents of violence or abuse

Symptoms that can be experienced

Except for the normal PTSD symptoms experienced the person living with C-PTSD might experience the following symptoms

- **Emotional Regulation** - may include persistent sadness, suicidal thoughts, anxiety, explosive anger (theft, destruction, violence), inhibited anger (depression, substance abuse, promiscuity, and doormat syndrome).
- **Consciousness** - includes forgetting traumatic events, reliving traumatic events, or having episodes in which one feels detached from one's mental process or body.
- **Physical experience** - may experience chronic pain, cardiovascular problems, gastrointestinal problems, migraines.
- **Self-Perception** - may include: helplessness, shame, worthlessness, feeling responsible, stigma, feeling different from others, totally dependent, low self-esteem, self-loathing.
- **Distorted Perception of the Perpetrator** - examples include attributing total power to the perpetrator, becoming preoccupied with the relationship to the perpetrator, or preoccupied with revenge.

- **Relations with Others** - examples include isolation, distrust, search for a rescuer, don't want to enter in close relationships, perfectionism, hand life control over to Narcisi's, become a fixer, blaming, seek position of power and control.
- **One's Systems of Meanings** - may include a loss of sustaining faith or a sense of hopelessness and despair.

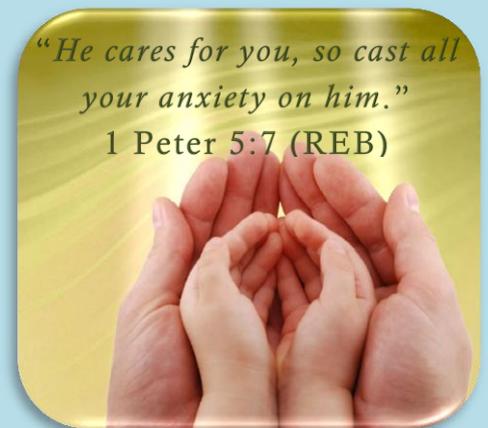
Treatment for C-PTSD

Dr. Herman contends that recovery from C-PTSD requires restoration of control and power for the traumatized person. A person living with PTSD can become empowered by healing relationships which create safety, allow for remembrance and mourning and promote reconnection with everyday life.

- Restoration of control - Focus on what is under the individuals control
- Empowered by healing relationships - Partner/sibling/friend/family member can validate successes and give support during struggles
- Remembrance - of what has been lost and can be recovered
- Mourning - for what has been lost and cannot be recovered
- Reconnection - a personal therapy that promotes self-discovery

Furthermore CBT (cognitive behavioural therapy) can challenge wrongly deep seated thought patterns and false believes.

The person living with C-PTSD should talk about it, meditate, exercise, rewrite the script of their live and take medication if needed.



References

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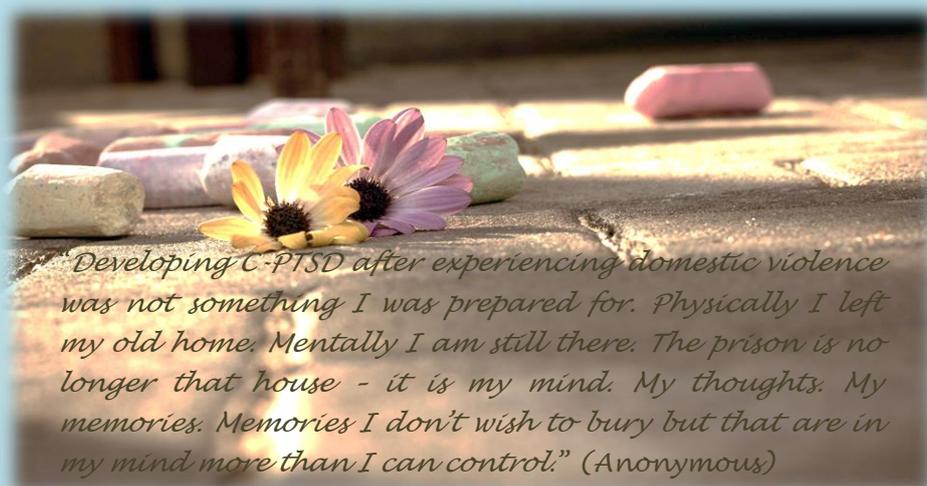
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