

Formulating Complex Trauma

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Complex post-traumatic stress disorder (Complex PTSD)

is a disorder that may develop following exposure to an event or series of events of an extremely threatening or horrific nature, most commonly prolonged or repetitive events from which escape is difficult or impossible (e.g., torture, slavery, genocide campaigns, prolonged domestic violence, repeated childhood sexual or physical abuse). All diagnostic requirements for PTSD are met. In addition, Complex PTSD is characterized by severe and persistent 1) problems in affect regulation; 2) beliefs about oneself as diminished, defeated or worthless, accompanied by feelings of shame, guilt or failure related to the traumatic event; and 3) difficulties in sustaining relationships and in feeling close to others. These symptoms cause significant impairment in personal, family, social, educational, occupational or other important areas of functioning.

ICD 11 CB41

Define Formulation

Formulation is the term used in various applications, both the materiel and the abstract or formal. Its fundamental meaning is the putting together of components in appropriate relationships or structures, according to a formula.

Wikipedia

The act of developing all the details of a plan for doing something or something that is developed in this way

Cambridge Dictionary

According To a Formula

Which formula?

Why do we need a formula?

Whose Formula?

Is there a formula for complex trauma?

The Experience of Complex Trauma

Severe and pervasive problems in affect regulation

Persistent beliefs about oneself as diminished, defeated or worthless, accompanied by deep and pervasive feelings of shame, guilt or failure related to the traumatic event

Persistent difficulties in sustaining relationships and in feeling close to others

NICE Guidance PTSD. 2018

Formulation for Complex Trauma

The putting together of components in appropriate relationships
or structures

[Wikipedia]

Persistent difficulties in sustaining relationships and in feeling close
to others.

[our formula]

The act of developing all the details of a plan for doing something
or something that is developed in this way

[Cambridge Dictionary]

Persistent beliefs about oneself as diminished, defeated or worthless,
accompanied by deep and pervasive feelings of shame, guilt or failure

[our formula]

Developing a Plan

What is the Plan?

Comments Please

The Plan

The Experience of Complex Trauma

Severe and pervasive problems in affect regulation

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The integration and Integrity of the Personality

Engagement in the Plan – Assessment and Formulation

Are assessment and formulation helpful to the integration and integrity of the personality?

Assessment Tools - baseline
 - comprehensive

A Collaborative Assessment Experience

Risk - Beck's Suicide Scale

- **Objective Indicators**
- Isolation during attempt
- Likelihood of intervention
- Precaution taken against discovery
- Actions taken to get help
- Preparation for death
- Preparation for attempt
- Suicide note
- Communication of Intent
- **Subjective Indicators**
- Purpose of attempt
- Expectations of death
- Perception of method's lethality
- View of attempt's seriousness
- Desire to live or die
- Perceptions of rescuability
- Premeditation

Beck (1979)

Formulating

- A collaboration – who is part of the collaborative ?
- How the client experiences the Formulation
- Use of language and process
- Naming components of the experience and beginning the process of untangling the overwhelming nature of their experience
- ‘It all felt like one thing’
- Starting the process of distinguishing between the person(ality) and the symptoms of depression and anxiety.

The Formulation

- Understanding the individual's matrix of Depression and Anxiety States
- Anxiety states – The Client's Systems overall strategy for managing feeling overwhelmed based upon what has worked in the past
- Anxiety symptoms – how the client's body and mind are warned away from emotion

The Formulation and Therapy

Supervision

Online Complex Trauma Supervision Groups

GROUP SUPERVISION



**CLINICIANS WHO HAVE ATTENDED
COMPLEX TRAUMA TRAINING**

MONTHLY on FRIDAYS 10.00 – 12.00
Free Introduction Session July 10th 10.00 – 11.00

**CLINICIANS WISH TO GAIN KNOWLEDGE AND
SKILLS IN EMBODIED APPROACHES FOR
COMPLEX TRAUMA**

MONTHLY on FRIDAYS 13.30 – 15.30
Free Introduction Session July 10th 12.00 – 13.00

GROUP MEMBERSHIP COST = £35 per month or £175 advance payment for 6 groups

SUPERVISION GROUP FACILITATORS: Dzimtri Karpuk and Rose Hall