

# Understanding the Complexities of Complex Post Traumatic Stress Disorder (PTSD) for Children and Young People

**Friday 13<sup>th</sup> July**  
**Cedric Sachser**

## Complex PTSD in children and young people: validity of the diagnosis and impact of trauma-focused CBT

Complex Posttraumatic Stress Disorder (CPTSD) was proposed in a hallmark paper by Judith Herman in 1992 to capture the protean sequelae of prolonged or repeated trauma. Since that time the potentially new diagnosis CPTSD was investigated in several studies. In comparison to the fact that CPTSD is highly linked with childhood adversities, only a smaller number of studies has investigated CPTSD in children and adolescents. For children and adolescents the term Developmental Trauma Disorder (DTD) is more frequently used to describe the symptomatology of prolonged or repeated trauma. However, no clear conceptualization of DTD was used in different studies, which makes results hardly comparable. With the upcoming ICD-11 introducing a clear set of symptoms to conceptualize CPTSD the talk will address whether the suggested conceptualization is applicable for traumatized children and adolescents and whether CPTSD can be empirically distinguished from PTSD in traumatized youth. Bridging the gap to clinical implications the talk will focus on the treatment response of youth with CPTSD to first line treatments like Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).

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