

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

**Friday 13<sup>th</sup> July**  
**Dr Rachel Hiller**

## The relevance of complex PTSD for children in care: Findings from the C-CATS study

It is well established that exposure to child maltreatment is associated with a range of poor psychological and functional outcomes. One group who by definition have often been exposed to significant interpersonal abuse or neglect are young people who have been removed from their family home and placed under the care of a local authority. These young people are a particularly vulnerable group and often present with significant and complex emotional and behavioural difficulties. This talk will present results from the C-CATS study - a mixed-methods project exploring the trauma-related psychological profiles and support needs of young people in care. The presentation will include findings from a service-data study mapping the development of emotional and behavioural difficulties for >200 young people in long-term care, as well as the first-wave of findings from a longitudinal study of 118 young people in care, focussing on cognitive mechanisms that link the experience of maltreatment to C-PTSD symptoms, and consequences of C-PTSD on functional wellbeing (e.g., schooling). Implications for both formal support and informal support (e.g., caregiver support) will be considered.

Our Patron: **Her Royal Highness The Duchess of Cambridge**

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