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as a condition that affects war veterans, post-traumatic stress disorder (PTSD) can be caused by any number of traumatic events, such as a car accident, natural disaster, near-death experience, or other isolated acts of violence or abuse. Complex PTSD: Symptoms, Diagnosis, and Treatment "A valuable addition to the libraries of both novice and experienced clinicians who treat patients with disorders as varied as reactive attachment disorder, borderline personality disorder, depression, dissociative disorders, and post-traumatic stress disorder....An unparalleled contribution to the existing literature on assessment and intervention with survivors of complex trauma. Treating Complex Traumatic Stress Disorders (Adults ... A doctor may

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Complex Traumatic Stress Disorders: An ... However, a closely related condition called complex post-traumatic stress disorder (CPTSD) is becoming more widely recognized by doctors in recent years. CPTSD results from repeated trauma over ... Understanding Complex Post-Traumatic Stress Disorder Psychological therapies Cognitive behavioural therapy (CBT). Cognitive behavioural therapy (CBT) is a type of therapy that aims to help you... Eye movement desensitisation and reprocessing (EMDR). Eye movement desensitisation and reprocessing (EMDR) is a... Group therapy. Some people find it helpful ... Post-traumatic stress disorder (PTSD) - Treatment - NHS While standard evidence-based treatments may be effective for treating

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standard post traumatic stress disorder, treating
Complex PTSD often involves addressing interpersonal
relational difficulties and a different set of symptoms
which make it more challenging to treat. The United
States Department of Veterans Affairs
acknowledges, Complex post-traumatic stress disorder
- Wikipedia Treatment considerations for those with
such complex trauma histories are reviewed. History of
Complex PTSD Diagnosis In 1988, Dr. Judith Herman of
Harvard University suggested that a new diagnosis,
complex PTSD, was needed to describe the symptoms
of long-term trauma (1). Such symptoms include,
according to her formulation: Complex PTSD - PTSD:
National Center for PTSD Treating Complex Trauma

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Complex trauma therapy utilizes several modalities to address different symptoms. The current method for treating complex trauma is a combination of talk therapy, cognitive behavioral therapy, and exposure therapy.

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