

Complex Trauma in Children and Adolescents

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Six Core Components of Complex Trauma Intervention

- 1. Safety:** The installation and enhancement of internal and environmental safety.
- 2. Self-regulation:** Enhancement of the capacity to modulate arousal and restore equilibrium following dysregulation across domains of affect, behavior, physiology, cognition (including redirection of dissociative states of consciousness), interpersonal relatedness and self-attribution.
- 3. Self-reflective information processing:** Development of the ability to effectively engage attentional processes and executive

functioning in the service of construction of self-narratives, reflection on past and present experience, anticipation and planning, and decision making.

4. Traumatic experiences integration: The transformation, incorporation, or resolution of traumatic memories ,reminders and associated psychiatric sequelae into a non debilitating, productive, and fulfilling existence through such therapeutic strategies as meaning-making, traumatic memory containment or processing, remembrance and mourning of the traumatic loss, symptom management and development of coping skills, and cultivation of present-oriented thinking and behavior.

5. Relational engagement: The repair, restoration or creation of effective working models of attachment, and the application of these models to current interpersonal relationships, including the therapeutic alliance, with emphasis on development of such critical interpersonal skills as assertiveness, cooperation, perspective-taking, boundaries and limit-setting, reciprocity, social empathy, and the capacity for physical and emotional intimacy.

6. Positive affect enhancement: The enhancement of self-worth, esteem and positive self-appraisal through the cultivation of personal creativity, imagination, future orientation, achievement, competence, mastery-