

# Trauma Seminar – Fall 2014

## Updated October 2014

Presented by the Victims of Violence Program,  
Department of Psychiatry Cambridge Health Alliance | Harvard Medical School

### Open to all trainees and staff

**Course Director:** Judith L. Herman, M.D.

**Course Coordinator:** Kate Zona, Ph.D.

**Meeting Time:** Thursday, 2:30 – 4:30pm

**Meeting Location:** Central Street Health Center, Room 4.B.11

### Recommended Basic Text:

Herman, J. L. (1997). *Trauma and Recovery*, 2<sup>nd</sup> Edition. New York: Basic Books.

A variety of weekly readings will be available on a network drive. Seminar participants are responsible for downloading their own copies of the weekly readings.

To access the drive on which readings are housed, please follow these steps:

- 1) From your desktop, right-click on “My Computer.”
- 2) Click on “Map Network Drive.”
- 3) In the field for “Folder”, enter: [\\mpd\trauma\\$](#). The Trauma Seminar folder will open.
- 4) Click Finish. In the future, you can open “My Computer” from your desktop and find an icon with the folder for the seminar under “Network Drives.”

### *Seminar Description*

This seminar has helped establish Cambridge Health Alliance as a nationally recognized training site that emphasizes trauma-informed medical and psychiatric treatment to victims/survivors of various forms of violence. The purpose of this seminar is to discuss topics related to the psychiatric treatment of victims/survivors of interpersonal violence (e.g., childhood sexual abuse, sexual assault, intimate partner/domestic violence), community-level violence, and sociopolitical violence.

**Design:** This seminar is comprised of two terms. Term 1 spans from 9/18/14 to 12/18/14. The first half of Term 1 provides a strong foundation for understanding complex trauma and trauma recovery, while the latter half provides an overview of trauma recovery. Term 2 spans from January to March and focuses on trauma-informed treatment with various populations, and features invited speakers on specific treatment approaches.

**Format:** Each seminar meeting will consist of an introduction to a topic usually delivered in the form of a lecture. The Course Director (Dr. Herman) or invited guest speaker may facilitate discussion, and discussion is often complemented by relevant, anecdotal case material that all participants are encouraged to share.

## Trauma Seminar, Fall 2014: Schedule of Topics and Readings

### 9/18 Ecological Model of Trauma & Trauma Recovery

Mary Harvey, Ph.D.

Harvey, M. R. (2007). Towards an ecological understanding of resilience in trauma survivors: Implications for theory, research and practice. In M. R. Harvey & P. Tummala-Narra (Eds.), *Sources and expressions of resilience in trauma survivors: Ecological theory, multicultural practice* (pp. 9-32). New York: Haworth, 9-32.

### 9/25 Epidemiology of Violence & Psychological Trauma

Judith Herman, M.D.

Breiding, M. J., Smith, S. G., Basile, K. C., Walters, M. L., Chen, J., & Merrick, M. T. (2014). Prevalence and characteristics of sexual violence, stalking, and intimate partner violence victimization — National Intimate Partner and Sexual Violence Survey, United States, 2011. *CDC Morbidity and Mortality Weekly Report*, 63(8), 1-18.

Charuvastra, A., & Cloitre, M. (2007). Social bonds and posttraumatic stress disorder. *Annual Review of Psychology*, 59, 301-328.

Kessler, R., Sonnega, A., Bromet, E., Hughes, M., Nelson, C. B., & Breslau, N. (1995). Posttraumatic stress disorder in the National Comorbidity Study. *Archives of General Psychiatry*, 52, 1048-1060.

Rees, S., et al. (2011). Lifetime prevalence of gender-based violence in women and the relationship with mental disorders and psychosocial function. *Journal of the American Medical Association*, 306(5), 513-521.

### 10/2 Managing Secondary Trauma & Vicarious Traumatization

Janet Yassen, L.I.C.S.W.

Yassen, J. (1995). Preventing secondary traumatic stress disorder. In C. Figley (Ed.). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized* (pp. 178-208). London: Bruner/Mazel.

Pearlman, L. A., & Caringi, J. (2009). Living and working self-reflectively to address vicarious trauma. In C. A. Courtois & J. D. Ford (Eds.). *Treating complex traumatic stress disorders: An evidence-based guide* (pp. 202-224). New York: Guilford Press.

## **10/9 Complex PTSD**

Judith Herman, M.D.

Cloitre, M., Courtois, C. A., Caruvastra, A., Carapezza, R., Stolbach, B., & Green, B. L. (2011). Treatment of complex PTSD: Results of the ISTSS Expert Clinician Survey on Best Practices. *Journal of Traumatic Stress, 24*(6), 615-627.

Cloitre, M., Courtois, C. A., Ford, J. D., Green, B. L., Alexander, P., Briere, J., Herman, J. L., Lanius, R., Stolbach, B. C., Spinazzola, J., van der Kolk, B. A., Van der Hart, O. (2012). The ISTSS Expert Consensus Treatment Guidelines for Complex PTSD in Adults. Retrieved from <http://www.istss.org>.

Lanius R.A., Vermetten E., Loewenstein R. J., Brand, B, Schmal C., Bremner J.D. & Spiegel D. (2010). Emotion modulation in PTSD: Clinical and neurobiological evidence for a dissociative subtype. *American Journal of Psychiatry, 167*, 640-647.

Teicher, M. H. & Samson, J. A. (2013). Childhood maltreatment and psychopathology: A case for ecophenotypic variants as clinically and neurobiologically distinct subtypes. *American Journal of Psychiatry, 170*(10), 1114-1133.

Van der Hart, O., Nijenhuis, E. R. S., & Steele, K. (2005). Dissociation: An insufficiently recognized major feature of complex posttraumatic stress disorder. *Journal of Traumatic Stress, 18*, 413-423.

## **10/16 Stages of Recovery**

Judith Herman, M.D.

Allen, J. G. (2013). Editorial: Treating attachment trauma with plain old therapy. *Journal of Trauma and Dissociation, 14*, 367-374.

Bateman, A., & Fonagy, P. (2008). 8-year follow-up of patients treated for borderline personality disorder: Mentalization-based treatment versus treatment as usual. *American Journal of Psychiatry, 165*, 631-638.

Chu, J. (1988). Ten traps in the treatment of trauma survivors. *Dissociation, 1*(4), 24-32.

Courtois, C. A., Ford, J. D., & Cloitre, M. (2009) Best practices in psychotherapy for adults. In C. A. Courtois & J. Ford (Eds.). *Treating complex traumatic stress disorders: An evidence-based guide* (pp. 82-103). New York: Guilford Press.

Levy, K. N. (2008). Psychotherapies and lasting change. *American Journal of Psychiatry, 165*, 556-559.

**10/23**      **“Treatment As Usual” in the Victims of Violence Program**  
Michaela Mendelsohn, Ph.D., Yoko Harumi, L.I.C.S.W., & Arielle Scoglio, B.A.

**10/30**      **Understanding Dissociation & Dissociative Identify Disorder (DID)**  
James Chu, M.D.

**Chu, J. A.** (2011). *Rebuilding shattered lives: Treating complex PTSD and dissociative disorders*. Hoboken, NJ: Wiley.

**Chu, J. A., & Bowman, E. S.** (2000). Trauma and dissociation: 20 years of study and lessons learned along the way. *Journal of Trauma & Dissociation, 1*, 5-20.

**Bromberg, P.M.** (1994). “Speak! That I may see you”: Some reflections on dissociation, reality, and psychoanalytic listening. *Psychoanalytic Dialogues, 4*, 517-547.

**Bromberg, P.M.** (1998). *Standing in the spaces*. New York: Psychology Press.

**Bromberg, P.M.** (2008). Shrinking the tsunami: Affect regulation, dissociation, and the shadow of the flood. *Contemporary Psychoanalysis, 44*(3), 329-350.

**Brand, B. L., Lanius, R., Vermetten, E., Loewenstein, R. J., & Spiegel, D.** (2012). Where are we going? An update on assessment, treatment, and neurobiological research in dissociative disorders as we move toward the DSM-5. *Journal of Trauma & Dissociation, 13*, 9-31.

**Spiegel, D.** (2006). Recognizing traumatic dissociation. *American Journal of Psychiatry, 163*, 566-568.

**Turkus, J. A., & J. A. Kahler** (2006). Therapeutic interventions in the treatment of dissociative disorders. *Psychiatric Clinics of North America, 29*(1), 245-262.

**11/6**      **PTSD as a Shame Disorder**  
Judith Herman, M.D.

**Herman, J. L.** (2011). Shattered shame states and their repair. In J. Yellin & K. White (Eds.). *Shattered states: Disorganized attachment and its repair* (pp. 157-170). London: Karnac Books.

**Lewis, H. B.** (1981). Shame and guilt in human nature. In S. Tuttmann, C. Kaye, & M. Zimmerman (Eds.). *Object and self, a developmental approach: Essays in honor of Edith Jacobson* (pp. 225-265). New York: International Universities Press.

**Schore, A.** (2003). Early superego development: The emergence of shame and narcissistic affect regulation in the practicing period. *Affect regulation and the repair of the self* (pp. 151-118). New York: Norton.

**11/13      Neurobiology of Trauma: A Relational Model**

Amy Banks, M.D.

**Banks, A., & Hirshman, L. A.** (in press). *Four ways to click: Using brain science to build stronger, more rewarding relationships*. New York: Penguin.

\*Publication date February 5, 2015 (may be pre-ordered from Amazon)

**Banks, A.** (2002). Polypharmacy of posttraumatic stress disorder. In S.N. Ghaemi (Ed.). *Polypharmacy in psychiatry* (p. 151-173). New York: Dekker, 151-173.

Hart, H. & Rubia, K. (2012). Neuroimaging of child abuse: A critical review. *Frontiers in human neuroscience*, 6(52), 1-24.

**11/20      Trauma, Addiction, and Self-Help**

Ed Khantzian, M.D.

**Khantzian, E. J.** (2013). Addiction as a self-regulation disorder and the role of self-medication. *Addiction*, 108, 668-674.

**Khantzian, E. J.** (2012). Reflections on treating addictive disorders: a psychodynamic perspective. *The American Journal of Addictions*, 21, 274-279.

**Khantzian, E. J. & Albanese, M. J.** (2008). *Understanding addiction as self-medication: Finding hope behind the pain*. Lanham, MD: Rowman & Littlefield.

Brady, K. T., & Sinha, R. (2005). Co-occurring mental and substance use disorders: The neurobiological effects of chronic stress. *American Journal of Psychiatry*, 162(8), 1483-1493.

Najavits, L. M. (2002). *Seeking Safety: A treatment manual for PTSD and substance abuse*. New York: Guilford.

Najavits, L. M. (2009). Seeking safety: An implementation guide. In A. Rubin & D.W. Springer (Eds.). *The clinician's guide to evidence-based practice*. Hoboken, NJ: John Wiley, 311-347.

**12/4      Complex Trauma Case Discussion**

Melissa Coco, L.I.C.S.W.

**12/11 Trauma and Attachment**  
Kate Zona, Ph.D.

Liotti, G. (2004). Trauma, dissociation, and disorganized attachment: Three strands of a single braid. *Psychotherapy: Theory, research, practice, training, 41*, 472-486.

Lyons-Ruth, K., Dutra, L. Schuder, M. R., & Bianchi, I. (2006). From infant attachment disorganization to adult dissociation: Relational adaptations or traumatic experiences? *Psychiatric Clinics of North America, 29*, 63-86.

Milan, S., **Zona, K.**, & Snow, S. (2013). Pathways to adolescent internalizing: Early attachment insecurity as a lasting source of vulnerability *Journal of Child Clinical and Adolescent Psychology, 42*, 371-383.

Pearlman, L. A., & Courtois, C. A. (2005). Clinical applications of the attachment framework: Relational treatment of complex trauma. *Journal of Traumatic Stress, 18*, 449-459.