

*The Delaware Psychological Association is  
pleased to sponsor:  
**Innovations in Treating Complex  
Traumatic Stress Disorders: The PRISM  
Meta-Model and Its Application***

*Friday, November 5, 2021  
8:30AM-4:30PM  
Zoom Webinar, 6 CE Credits*



*Presented by Christine Courtois, Ph.D., ABPP*

# PROGRAM DESCRIPTION & OUTLINE

- Confused over the difference between complex and other types of trauma or how to treat PTSD or CPTSD?
- Confused by the different methods being advertised as *the one way to treat trauma*? Concerned you didn't receive training about working with traumatized clients.
- Confused about when and how to address a history of trauma and fearful of intensifying your client's suffering or making your client worse?
- Not sure you want to work with these issues?

**This workshop is designed to provide information on these issues and to offer detailed guidance for the treatment of this patient population.**

Over the past decade, our understanding of what constitutes complex trauma and what differentiates it from more time-limited impersonal forms of trauma has grown significantly. Complex trauma is now recognized as the most common type of trauma with a wide range of developmental and posttraumatic consequences. A history of complex trauma is prevalent in many clients who seek mental health treatment, making it important for clinicians to be able to recognize symptoms and to offer relevant and evidence-based and supported treatment.

This workshop will begin with an overview of advances in defining and understanding complex trauma and its consequences followed by discussion of major diagnostic developments. The diagnostic conceptualization of Developmental Trauma Disorder is continuing to be investigated with the hope that it will be in the next iteration of the *DSM*.

The primary focus of the workshop will be on the treatment of CPTSD, with an emphasis on recent innovations. We will begin by covering the recommendations of the major treatment guidelines (both clinical practice and professional practice) for PTSD as they apply to CPTSD. The presenter (with co-author Dr. Julian Ford) has recently developed a meta-model of CPTSD treatment entitled *PRISM* referring to trauma-informed and responsive treatment that is **P**ersonalized, **R**elational, **I**ntegrative, **S**equenced/**S**trategic, and **M**ulti-Modal/**M**ulti-Dimensional as an update to and supplement the Sequenced Relationship-Based Model. The *PRISM* meta-model will be presented in detail as it is intended to guide the clinician in the treatment of a diversity of clients each of whom have unique histories and contexts and presentations, to address. Current best practices in the treatment of complex traumatic stress disorders will be presented.

## PROGRAM DESCRIPTION CONTINUED

This workshop will further address common crises that arise in this treatment of this population and offer guidance on ways to transform them into learning moments and self-integration. Although no one-size-fits-all protocol is adequate to address the complexity of each client's unique moment of crisis, the reenactment of developmental trauma experiences and the emergence of a dissociative fragmentation of consciousness are two prominent dynamics at the core of many if not most crises. Excerpts from filmed psychotherapy sessions that are archived on the Center for the Treatment of Developmental Trauma Disorders *Identifying Critical Moments and Healing Complex Trauma* webinar series (available at no cost on [learn.nctsn.org](http://learn.nctsn.org)) will be shown to demonstrate a range of approaches taken when adults experience developmental trauma reenactments and dissociation. The workshop will end with discussion of some of the challenges and satisfactions/posttraumatic growth inherent in work with this population.

## PROGRAM AGENDA

8:30AM-12:00PM – Morning Session (two 10-minute breaks)

12PM-1:15PM – Lunch Break

1:15-4:30PM – Afternoon Session (two 10-minute breaks)

## WORKSHOP OBJECTIVES

At the completion of this workshop, attendees will be able to:

1. Communicate differences between complex and other types of traumatic stressors.
2. Discuss common developmental and posttraumatic consequences of complex trauma exposure.
3. List the criteria for complex PTSD in the ICD-11.
4. Describe the primary elements of the *PRISM* meta-model acronym.
5. Discuss how dissociative fragmentation of consciousness and self and traumatic reenactment can result in crises in psychotherapy sessions.
6. Describe secondary traumatic stress reactions that psychotherapists often experience when developmental trauma and dissociative crises occur in therapy sessions.

## ABOUT THE PRESENTER

**Christine A. Courtois, PhD, ABPP**, a board-certified counseling psychologist, retired from clinical practice in Washington, DC, is now an author and consultant/trainer on trauma psychology and treatment in Bethany Beach, D where she is a licensed psychologist. She is known for her work on adult survivors of developmental trauma in childhood and complex trauma and its treatment. Her co-edited book, *Sexual Boundary Violations in Psychotherapy*, will be published in May 2021; the revised edition of her co-edited book, *Treating Complex Traumatic Stress Disorders* was published in 2020. In addition to other professional books, she has written a consumer book entitled *It's Not You, It's What Happened to You*. Dr. Courtois was Chair of the Clinical Practice Guideline for the Treatment of PTSD in Adults for the American Psychological Association and is past president of APA Division 56 (Trauma Psychology). She co-founded and was Clinical and Training Director of a specialized inpatient and day treatment program, The CENTER: Posttraumatic Disorders Program in Washington, DC. She has received recognition for her work from several state, national, and international professional organizations.

## TARGET AUDIENCE

The DPA plans and promotes programs serving the continuing educational needs of psychologists and professionals across a variety of disciplines. Through the provision of high quality programming, the DPA hopes to support psychologists and other mental health professionals in their commitment to provide ethical, culturally sensitive and competent services to our community.

## PLEASE TAKE NOTE...

*"Innovations in Treating Complex Traumatic Stress Disorders: The PRISM Meta-Model and Its Application"* is sponsored by the Delaware Psychological Association, has been approved for 6 CE credits. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

# REGISTRATION

Please register at [depsych.org](https://depsych.org). Our website includes discounted rates for full conference attendees. If you have registration questions, please email [depsychology@gmail.com](mailto:depsychology@gmail.com) or call us at 302-475-1574.

## Registration Fees for Friday Only:

DPA Members	\$150
Non-DPA Members	\$210
Students	\$60

If you would like to make a \$25 donation to the Equity, Diversity, and Inclusion in Psychology Scholarship Fund, you can do so upon registration on our website at [depsych.org](https://depsych.org).

The DPA recognizes the study and practice of psychology exists within a majority culture that does not afford equitable access and opportunity to all and is striving to actively dismantle policies and processes that oppress individuals and groups. In our effort to shift systemic inequalities and foster inclusion and equality, we are starting a fund that will provide yearly grant awards to students and professionals of color at the secondary, undergraduate, graduate, and post-doctoral levels as well as established professionals and career changers. Awards may be used for a variety of pursuits, that may include, but are not limited to the following:

- Conference fees and travel.
- Clinical consultation support.
- Research support.
- Dissertation consultation support.
- Professional licensure test fees (EPPP, ABPP).
- Test prep materials (GRE, EPPP).
- Other.

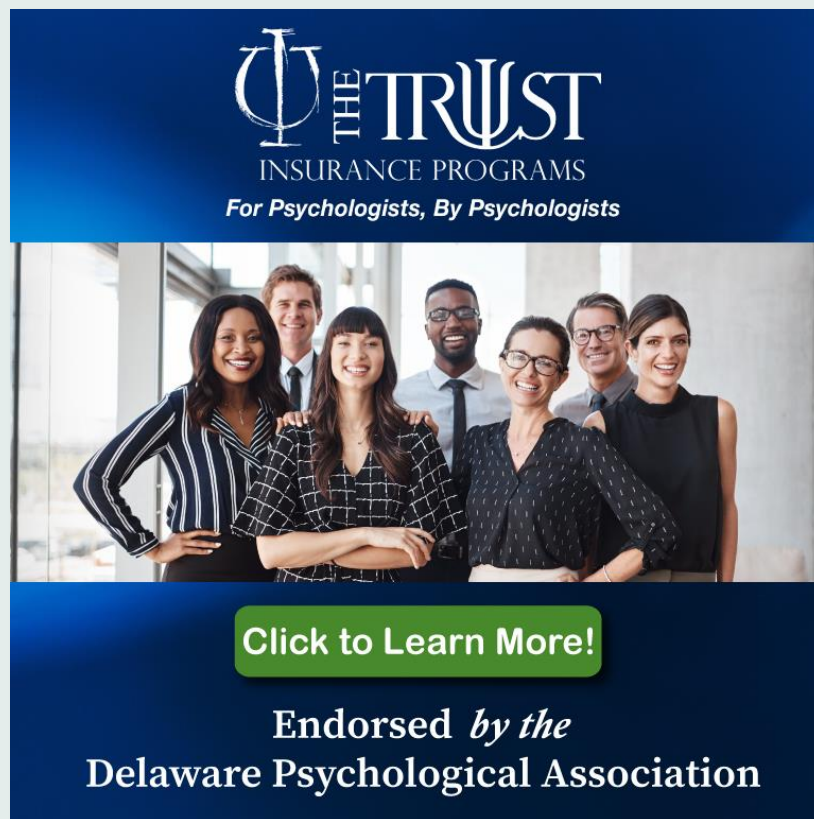
We will begin accepting EDI Scholarship Applications for the Spring of 2022 after October 31, 2021.

## Cancellation Policy

Cancellations received by November 3, 2021, will be refunded in full. No refunds will be granted after November 3, 2021.

# IMPORTANT NOTICE

THOSE WHO ATTEND THE WORKSHOP AND COMPLETE THE APA EVALUATION FORM WILL RECEIVE SIX CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE SIGNING IN TO THIS WEBINAR MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR SIGNING OFF BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDIT. ADDITIONALLY, WE ARE UNABLE TO ISSUE PARTIAL CE CREDITS. THIS IS AN APA REQUIREMENT AND NON-NEGOTIABLE.



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