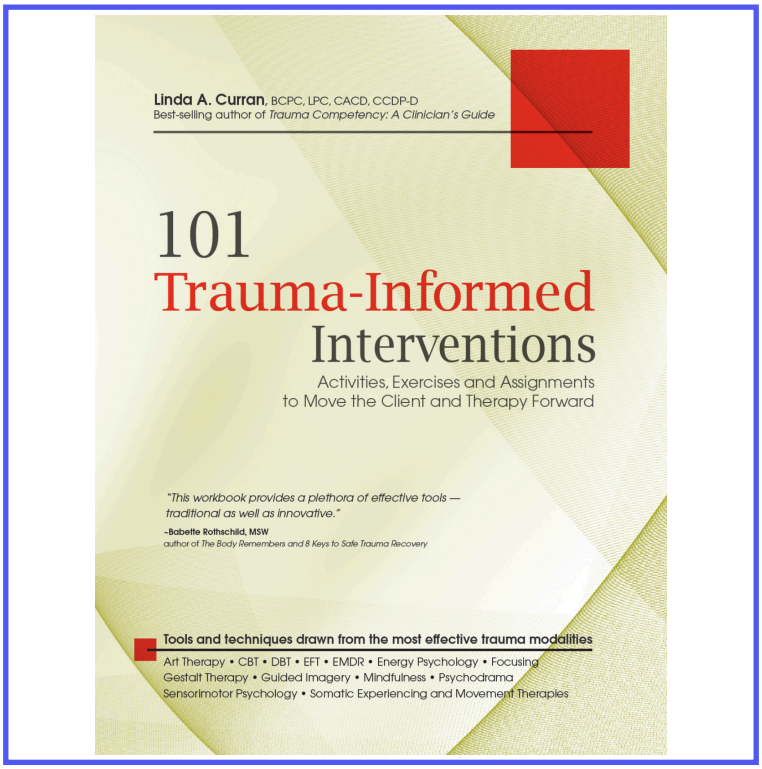


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"The Past: Our cradle, not our prison; there is danger as well as appeal in its glamour. The past is for inspiration, not imitation, for continuation, not repetition."

~ Israel Zangwill

"However many holy words you read, however many you speak, what good will they do you if you do not act upon them?"

~ Buddha

May I gratefully acknowledge the support of my loving family, dear friends, esteemed colleagues, and my many, many truly unbelievably gracious mentors, which includes each one of my clients—past and present.

Words are inadequate to recount how you've blessed me.

This book is dedicated to the memory of one of the kindest men I've ever known, Tony Coladonato.

You are loved always, and missed hourly.

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About the Author



Linda Curran, BCPC, LPC, CAACD, CCDP sought after national trainer, best-selling author on trauma and a film producer. Linda has trained thousands of mental health clinicians on trauma treatment across the country. She is President of Integrative Trauma, LLC, in Havertown, Pennsylvania. With advanced degrees in both clinical psychology and public health, Linda is a Board Certified, Licensed Professional Counselor; Certified Addiction Counselor Diplomate; Certified Co-Occurring Professional Diplomate; Certified Gestalt Therapist; Certified Hypnotherapist; Level II EMDR practitioner.

Author of *Trauma Competency: A Clinicians Guide* and international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma. Latest projects include the completion of www.trauma101.com (an extensive trauma resource for clinicians and clients alike) and two video projects for *The Master Clinician Series: 1. Trauma Treatment: Psychotherapy for the 21st Century and 2. Power Therapies: EMDR and Beyond*. Linda continues to advocate for accessible, coherent, integrative trauma treatment for all those affected by trauma.

Introduction

In all honesty, I can't say that as a professional entering the mental health field I had not heard of the diagnosis **PTSD,** or post-traumatic stress disorder. I had. In fact, in graduate school I had heard of it twice: once within a required course on psychopathology and, then again, within a required course on the *Diagnostic and Statistical Manual of Mental Disorders* (DSM). Sadly, what neither of those courses required of me was that I learn what "**T**" was, all that "**T**" encompassed, how pervasive "**T**" was, both in the general and psychiatric populations, or how "**T**" appears to be present in almost all psychopathology and in nearly every psychological disorder catalogued in the DSM.

Perhaps you are thinking that somehow this makes sense. Way back then, the DSM was new; people knew very little about trauma; and modern brain imaging techniques—CT, FMRI, PET, and SPECT—were all still the stuff of science fiction. How could I have possibly been well-informed on a subject for which there was so little information? I was a product of my time. Right? Wrong. The iteration of the DSM that my class studied, DSM IV-TR, was published in 2000 and, in addition to earlier writings of Freud, Ferenczi, Kardiner, and Janet, a considerable amount of information regarding trauma had been gleaned and made available in *this century*. The following are a few of the highlights and trauma resources from the last two decades that most certainly would have proved helpful had I been pointed to them:

- In 1992, *Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror* was published. Judith Lewis Herman, its author, wrote:

  > The responses to trauma are best understood as a spectrum of conditions rather than as a single disorder. They range from a brief stress reaction that gets better by itself and never qualifies for a diagnosis, to classic or simple post-traumatic stress disorder, to the complex syndrome of prolonged, repeated trauma.
  >
  > In survivors of prolonged, repeated trauma, the symptom picture is often far more complex. Survivors of prolonged abuse develop characteristic personality changes, including deformations of relatedness and identity. Survivors of abuse in childhood develop similar problems with relationships and identity; in addition, they are particularly vulnerable to repeated harm, both self-inflicted and at the hands of others. The current formulation of post-traumatic stress disorder fails to capture either the protean symptomatic manifestations of prolonged, repeated trauma or the profound deformations of personality that occur in captivity. The syndrome that follows upon prolonged repeated trauma needs its own name. I propose to call it "complex post-traumatic stress disorder." (p. 119)

- In 1994, Bessel van der Kolk's seminal paper, "The Body Keeps the Score: Memory & the Evolving Psychobiology of Post-Traumatic Stress," was published in the *Harvard Review of Psychiatry*
- In 1996, Bessel van der Kolk's first book, *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*, presents theory and research of trauma's lasting effects on an individual's biology, conceptions of the world, and psychological