Overview of Trauma & Addiction
Prevalence

- CSA: 1 in 4 females, 1 in 6 males
- DV: 1 in 3 females
- NCA Study (Lifetime rates)
  - Trauma: 50%-60%
  - PTSD: .5% men, 1.3% women
- Trauma sx, not PTSD: 15% men, 13% women
- MH tx: 40%-60% child. vict.
- SA tx: 60%-70% women child vict. (90% dv)
Definitions of Trauma

• Event involving actual or threatened death or serious injury, or a threat to physical integrity of self/others (experienced/witnessed) (DSM-IV)

• Event(s) so extreme, severe, powerful, harmful, or threatening they require extraordinary coping efforts (experienced/witnessed) (Meichenbaum, 1994)
Trauma Reactions

- **Type I**: Short-term, unexpected event
  Examples: One time rape, car accident, natural disaster
  More likely to result in typical PTSD sx

- **Type II (Complex Trauma)**: Sustained, repeated ordeal stressors
  Examples: Ongoing physical/sexual abuse, combat
  More likely to result in long-standing characterological & interpersonal problems, dissociation, substance abuse
SORRY I MISSED THAT EASY FLY BALL, MANAGER

I THOUGHT I HAD IT, BUT SUDDENLY I REMEMBERED ALL THE OTHERS I'VE MISSED...

THE PAST GOT IN MY EYES!
Post-Traumatic Stress Symptoms

- **Intrusion**: Re-experiencing the trauma (e.g., images, thoughts, nightmares, flashback)

- **Avoidance of the trauma**: numbing, restricted affect, avoiding people, places & things that are similar, amnesia, loss of interest, sense of foreshortened future

- **Hyperarousal**: problems sleeping or concentrating, hypervigilance, irritability or anger management problems, exaggerated startle
Complex Trauma

- **Alterations in Regulating Affective Arousal**
  - Chronic affect dysregulation
  - Difficulty modulating anger
  - Self-destructive and suicidal behavior
  - Difficulty modulating sexual involvement
  - Impulsive and risk taking behaviors

- **Alterations in Attention & Consciousness**
  - Amnesia
  - Dissociation
Complex Trauma (#2)

• **Chronic Characterological Changes**
  – Alterations in self-perception: guilt & shame, sees self as ineffective and permanently damaged
  – Alterations in perception of perpetrator(s): adopting distorted beliefs and idealizing the perpetrator.
Complex Trauma (#3)

- Alterations in perceptions of others:
  - Inability to trust or maintain relationships
  - Tendency to be revictimized
  - Tendency to victimize others

- Alterations in Systems of Meaning
  - Despair and hopelessness
  - Loss of previously sustaining beliefs

- Somatization
Post-Traumatic Stress Symptoms

- **Self-perpetuating** - avoidance is self-reinforcing
- **Cumulative** - can lead to over-generalization
- **Debilitating** - can lead to reactivity and increased vulnerability to new stressors
- **Stimulated** - by “triggers” or reminders that may not be obvious to others