6th Annual IITAP Symposium

PTSI-R:
Assessment and Therapeutic Narrative

February 18, 2011
Scottsdale, Arizona
PTSI-R

Where it all began...
The Betrayal Bond

Breaking Free of Exploitive Relationships

Patrick J. Carnes, Ph.D.

author of the national bestseller Out of the Shadows
Measuring 8 domains of trauma:

<table>
<thead>
<tr>
<th>Reactions</th>
<th>Pleasure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blocking</td>
<td>Repetition</td>
</tr>
<tr>
<td>Splitting</td>
<td>Bonds</td>
</tr>
<tr>
<td>Abstinence</td>
<td>Shame</td>
</tr>
</tbody>
</table>
PTSI-R*

Patrick J. Carnes, Ph.D., C.A.S.
Sarah Ullman, Ph.D.

2009 *(online beta version includes)*

- Assessment for emotional, physical, sexual trauma
- Axis I and II diagnoses (self report)
- Addiction potential scale
- Childhood loss scale
- Arrest scale
Two factors are essential in understanding traumatic experiences: how far our systems are stretched and for how long. – *Patrick J. Carnes*
Trauma Assessment

3 Basic approaches to assessment of trauma and post-traumatic sequelae through tools and instruments:

- Instruments that directly measure traumatic experiences or reactions
- Broadly based diagnostic instruments that include PTSD subscales
- Instruments that assess symptoms not trauma specific but commonly associated symptoms of trauma (Wolpaw & Ford 2004)

Anna Foundation
## Eleven Domains

<table>
<thead>
<tr>
<th>Domain</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post traumatic Stress Reaction</td>
<td>PTSR</td>
</tr>
<tr>
<td>Traumatic Repetition</td>
<td>TR</td>
</tr>
<tr>
<td>Bonding</td>
<td>TBD</td>
</tr>
<tr>
<td>Self-Perception/Shame</td>
<td>TSSP</td>
</tr>
<tr>
<td>Arousal</td>
<td>TA</td>
</tr>
<tr>
<td>Blocking</td>
<td>TB</td>
</tr>
<tr>
<td>Dissociative Avoidance</td>
<td>TDA</td>
</tr>
<tr>
<td>Self-Deprivation</td>
<td>TSD</td>
</tr>
<tr>
<td>Organization</td>
<td>TO</td>
</tr>
<tr>
<td>Dorsodepression</td>
<td>TDD</td>
</tr>
<tr>
<td>Orbitohyperactivity</td>
<td>TOH</td>
</tr>
</tbody>
</table>
Traumatic Stress Reaction

Symptoms that are or are similar to Post Traumatic Stress Disorder (PTSD).
Traumatic Repetition

• Ritualistically seek to re-produce or duplicate the original emotional level of arousal.

• “Re-enacting” the original traumatic event.

• Body memories tend to drive the behavior “until such time that you can heal from it.”

• *Consider TB
Traumatic Bonding

- Unhealthy attachment to another.
- Attachments fused by shame, exploitation, danger...
- Can be a recreation of a traumatic bond from childhood.
- *Consider TR
Traumatic Self-Perception/Shame

- Assess for violence in the family-of-origin dynamic
- The “self” experienced as a shame introject
- Often accompanied by suicidal or para-suicidal bx.
- Unlovable, defective, or “broken”
- *Consider CPTSD and Religiosity
Traumatic Arousal

- Unregulated limbic system (hyper-arousal)
- Sexual arousal fused with violence, fear, stress, anger
- Enduring childhood abuse (CPTSD)
- Arousal as a product of an emotionally chaotic childhood environment
Traumatic Blocking

- Addictive or compulsive need to numb or calm.
- Self soothing (anesthetizing) behaviors for dis-ease of emotional pain.
- Behaviors may be ritualistic and cyclical.
- High arousal followed by relief and calming.
- Karpman Triangle (Persecutor, Rescuer, Victim)
- *Consider PTSR, TR, TDA, TOH
Traumatic Dissociative Avoidance

- Individuals appear avoidant, disengaged, dissociative.

- Due to childhood trauma, individual disconnects from here-and-now or trigger of original memory.

- Dissociative behaviors along a continuum.

- *Consider TOH
Traumatic Self-Deprivation

- Tendency to avoid pleasure, feedback, and compliments.
- May be socially or relationally anorexic.
- Depriving self of basic bodily or medical needs and wants.
- Living and working below level of expertise.
- Consider Eating Disorder Anorexic or Bulimia (Purging type)
- *Consider administering MWASI
Traumatic Organization

- Individual “compartmentalizes” life.

- Client may present as avoidant or defensive due to unwillingness or inability to tolerate painful emotions.

- Childhood experienced as unsafe and chaotic.

- “Fragmented” adaptation due to inconsistency in nurturing and chaos in family system.

- *Consider TDA, TB
Traumatic Dorsodepression

- Individual usually treated for a mood disorder.
- Lifestyle characterized by depressive presentation and/or dysphoric affect.
- Shortened or lowered attention span.
- *Consider PSTR, TSD, TSP
Traumatic Orbitohyperactivity

- TOH individuals appear to others as hyper or “revved” presentation.
- Tendency for pre-existing diagnosis of OCD, ADHD.
- Chaotic and/or violent family-of-origin.
- Strong correlation for childhood sexual abuse.
- *Consider PSTR, TR, TA
E: Case Conceptualization

- Caucasian, Single, Female
- Childhood Abuse - Sexual, Emotional, Physical
- Iatrogenic trauma - Chronic constipation
  Fecal incontinence
- Narcissistic caregivers
- Neglect and Abandonment
- ECR- Fearful-Avoidant
E. 
Issues Include

- Substance Dependence
- Dissociation
- Depression
- Work Addiction
- Isolation
- Disordered Eating
- Sex Addiction
- Love Avoidance
- Self Defeating Bxs.

CPTSD
<table>
<thead>
<tr>
<th>Condition</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
<th>Percentage of questions endorsed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Posttraumatic Stress Reactions (PTSR)</td>
<td></td>
<td></td>
<td></td>
<td>100%</td>
</tr>
<tr>
<td>Traumatic Repetition (TR)</td>
<td></td>
<td></td>
<td></td>
<td>90%</td>
</tr>
<tr>
<td>Traumatic Bonding (TBD)</td>
<td></td>
<td></td>
<td></td>
<td>79%</td>
</tr>
<tr>
<td>Traumatic Self-Perception/Shame (TSSP)</td>
<td></td>
<td></td>
<td></td>
<td>73%</td>
</tr>
<tr>
<td>Traumatic Arousal (TA)</td>
<td></td>
<td></td>
<td></td>
<td>73%</td>
</tr>
<tr>
<td>Traumatic Blocking (TB)</td>
<td></td>
<td></td>
<td></td>
<td>73%</td>
</tr>
<tr>
<td>Traumatic Dissociative Avoidance (TDA)</td>
<td></td>
<td></td>
<td></td>
<td>58%</td>
</tr>
<tr>
<td>Traumatic Self-Deprivation (TSD)</td>
<td></td>
<td></td>
<td></td>
<td>58%</td>
</tr>
<tr>
<td>Traumatic Organization (TO)</td>
<td></td>
<td></td>
<td></td>
<td>58%</td>
</tr>
<tr>
<td>Traumatic Dorsodepression (TDD)</td>
<td></td>
<td></td>
<td></td>
<td>58%</td>
</tr>
<tr>
<td>Traumatic Orbitohyperactivity (TOH)</td>
<td></td>
<td></td>
<td></td>
<td>58%</td>
</tr>
</tbody>
</table>

- **Childhood Abuse**
- **Iatrogenic trauma**
- **Sex Addiction**
- **Love Avoidance**
- **Substance Dep./ED**
- **Dissociation 2°**
- **Terror and Abuse**
- **Work Addiction**
- **Work Addiction**

Percentage of questions endorsed ranges from 0 to 100, with higher values indicating a greater percentage of endorsement.
E:
Treatment Interventions

• EMDR
• CBT
• Therapeutic relationship building (SAVE)
  ▪ Support
  ▪ Awareness
  ▪ Validation
  ▪ Empathy

• Recovery Zone Tasks
Before

- Posttraumatic Stress Reactions (PTSR): 30%
- Traumatic Repetition (TR): 79%
- Traumatic Bonding (TBD): 84%
- Traumatic Self-Perception/Shame (TSSP): 73%
- Traumatic Arousal (TA): 73%
- Traumatic Blocking (TB): 100%
- Traumatic Dissociative Avoidance (TDA): 58%
- Traumatic Self-Deprivation (TSD): 85%
- Traumatic Organization (TO): 93%
- Traumatic Dorsodepression (TDD): 72%

After

- Posttraumatic Stress Reactions (PTSR): 57%
- Traumatic Repetition (TR): 58%
- Traumatic Bonding (TBD): 56%
- Traumatic Self-Perception/Shame (TSSP): 69%
- Traumatic Arousal (TA): 68%
- Traumatic Blocking (TB): 79%
- Traumatic Dissociative Avoidance (TDA): 32%
- Traumatic Self-Deprivation (TSD): 77%
- Traumatic Organization (TO): 93%
- Traumatic Dorsodepression (TDD): 83%

4/07/2010

11/25/2010
Kd: Case Conceptualization

- Caucasian, Engaged, Male
- Currently in IOP for ETOH
- Sexual Addiction endorsed; currently untreated
- Sex Addiction/ Love Avoidant
- ECR: Dismissing
Issues Include:

- Narcissistic Personality
- Addiction Interaction

Detached Family Sys.

Work Addiction?
Michigan: Case Conceptualization

- Single, Female
- Sciences
- Childhood Abuse:
  - Physical
  - Emotional
  - Verbal
- Cultural Abuse
- Rigid Family System
- Cultural/Religious Considerations
Michigan: Issues Include

- Childhood Abuse
- Abusive: Wk & Pers Reltnshps
- Love Addiction
- *Food/ Red Wine
- Depression
- Dysphoria
- Forgetfulness/Avoidance

<table>
<thead>
<tr>
<th>Traumatic Issue</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Posttraumatic Stress Reactions (PTSR)</td>
<td></td>
<td></td>
<td>73%</td>
</tr>
<tr>
<td>Traumatic Repetition (TR)</td>
<td></td>
<td>62%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Bonding (TBD)</td>
<td></td>
<td></td>
<td>89%</td>
</tr>
<tr>
<td>Traumatic Self-Perception/Shame (TSSP)</td>
<td></td>
<td></td>
<td>88%</td>
</tr>
<tr>
<td>Traumatic Arousal (TA)</td>
<td></td>
<td>55%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Blocking (TB)</td>
<td></td>
<td>62%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Dissociative Avoidance (TDA)</td>
<td></td>
<td></td>
<td>79%</td>
</tr>
<tr>
<td>Traumatic Self-Deprivation (TSD)</td>
<td></td>
<td>42%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Organization (TO)</td>
<td></td>
<td></td>
<td>69%</td>
</tr>
<tr>
<td>Traumatic Dorsodepression (TDD)</td>
<td></td>
<td></td>
<td>87%</td>
</tr>
<tr>
<td>Traumatic Orbitohyperactivity (TOH)</td>
<td></td>
<td></td>
<td>67%</td>
</tr>
</tbody>
</table>

Percentage of questions endorsed
Michigan Treatment Interventions

- EMDR
- CBT
- Therapeutic relationship building (SAVE)
  - Support
  - Awareness
  - Validation
  - Empathy
- 12-Step (SLAA)
JR: Case Conceptualization

- Caucasian, Married, Male
- Childhood Abuse:
  - Emotional
  - Physical
  - Sexual
    - Incest by mother
    - Covert incest by “Step-father”
- Sex Addiction
- Military Trauma
- ECR- Fearful Quadrant
- Eroticized Rage- 1 *
<table>
<thead>
<tr>
<th>Issue</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Posttraumatic Stress Reactions (PTSR)</td>
<td></td>
<td></td>
<td>45%</td>
</tr>
<tr>
<td>Traumatic Repetition (TR)</td>
<td></td>
<td>26%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Bonding (TBD)</td>
<td></td>
<td></td>
<td>67%</td>
</tr>
<tr>
<td>Traumatic Self-Perception/Shame (TSSP)</td>
<td></td>
<td></td>
<td>84%</td>
</tr>
<tr>
<td>Traumatic Arousal (TA)</td>
<td></td>
<td></td>
<td>9%</td>
</tr>
<tr>
<td>Traumatic Blocking (TB)</td>
<td></td>
<td></td>
<td>38%</td>
</tr>
<tr>
<td>Traumatic Dissociative Avoidance (TDA)</td>
<td></td>
<td></td>
<td>64%</td>
</tr>
<tr>
<td>Traumatic Self-Deprivation (TSD)</td>
<td></td>
<td></td>
<td>32%</td>
</tr>
<tr>
<td>Traumatic Organization (TO)</td>
<td></td>
<td></td>
<td>54%</td>
</tr>
<tr>
<td>Traumatic Dorsodepression (TDD)</td>
<td></td>
<td></td>
<td>80%</td>
</tr>
<tr>
<td>Traumatic Orbitohyperactivity (TOH)</td>
<td></td>
<td></td>
<td>89%</td>
</tr>
</tbody>
</table>

**Issues Include:**

- Childhood Sexual Abuse
- Emotional/Sexual Incest
- Sex Addiction
- Love Avoidance
- Eroticized Rage
- Rage
- Military Trauma
- Depression
- Outpacing the Shame
- Emotionally Frenetic
ECR-Fearful/Avoidant

TR
TSSP
JR: Treatment Interventions

• Recovery Start Kit
• In-patient treatment
• Extended Care

• Therapeutic relationship building (SAVE)
  ▪ Support
  ▪ Awareness
  ▪ Validation
  ▪ Empathy

• 12-Step (SAA)
Issues include:

- Childhood Sexual Abuse
- Dissociation
- Avoidance
- Co-Sex Addiction
- Emotional Eating
- Moderate Hoarding

<table>
<thead>
<tr>
<th>Condition</th>
<th>Low (%)</th>
<th>Moderate (%)</th>
<th>High (%)</th>
<th>Percentage of questions endorsed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Posttraumatic Stress Reactions (PTSR)</td>
<td></td>
<td></td>
<td>91%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Repetition (TR)</td>
<td></td>
<td></td>
<td>67%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Bonding (TBD)</td>
<td></td>
<td></td>
<td>79%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Self-Perception/Shame (TSSP)</td>
<td></td>
<td></td>
<td>52%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Arousal (TA)</td>
<td></td>
<td></td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Blocking (TB)</td>
<td></td>
<td></td>
<td>81%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Dissociative Avoidance (TDA)</td>
<td></td>
<td></td>
<td>86%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Self-Deprivation (TSD)</td>
<td></td>
<td></td>
<td>68%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Organization (TO)</td>
<td></td>
<td></td>
<td>77%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Dorsodepression (TDD)</td>
<td></td>
<td></td>
<td>80%</td>
<td></td>
</tr>
<tr>
<td>Traumatic Orbitohyperactivity (TOH)</td>
<td></td>
<td></td>
<td>67%</td>
<td></td>
</tr>
</tbody>
</table>