



# The Complex Trauma Questionnaire (ComplexTQ): development and preliminary psychometric properties of an instrument for measuring early relational trauma

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Research on the etiology of adult psychopathology and its relationship with childhood trauma has focused primarily on specific forms of maltreatment. This study developed an instrument for the assessment of childhood and adolescence trauma that would aid in identifying the role of co-occurring childhood stressors and chronic adverse conditions. The Complex Trauma Questionnaire (ComplexTQ), in both clinician and self-report versions, is a measure for the assessment of multi-type maltreatment: physical, psychological, and sexual abuse; physical and emotional neglect as well as other traumatic experiences, such rejection, role reversal, witnessing domestic violence, separations, and losses. The four-point Likert scale allows to specifically indicate with which caregiver the traumatic experience has occurred. A total of 229 participants, a sample of 79 nonclinical and that of 150 high-risk and clinical participants, were assessed with the ComplexTQ clinician version applied to Adult Attachment Interview (AAI) transcripts. Initial analyses indicate acceptable inter-rater reliability. A good fit to a 6-factor model regarding the experience with the mother and to a 5-factor model with the experience with the father was obtained; the internal consistency of factors derived was good. Convergent validity was provided with the AAI scales. ComplexTQ factors discriminated normative from high-risk and clinical samples. The findings suggest a promising, reliable, and valid measurement of early relational trauma that is reported; furthermore, it is easy to complete and is useful for both research and clinical practice.

**Keywords:** Complex Trauma Questionnaire, relational trauma, attachment, assessment, psychometric properties

## Introduction

Over the past two decades, evidence regarding the harmful impact of early maltreatment has accumulated significantly. Two-thirds of adolescents and adults report having suffered from child relational trauma, which represents a root cause of major public health issues (Copeland et al., 2007; van der Kolk and d'Andrea, 2010). Previous research has primarily focused on single types of maltreatment sequelae; however, most maltreated children experience more than one form of abuse and neglect (Kessler, 2000; Spinazzola et al., 2005; Pynoos et al., 2008). Indeed, in literature on child

# The Complex Trauma Questionnaire Complex Development

**Janene M. Donarski, Ph.D., LP, LMSW,  
CCATP**

## **The Complex Trauma Questionnaire Complex Development:**

Principles of Trauma Therapy John N. Briere, Catherine Scott, 2024-12-27 John Briere and Catherine Scott's *Principles of Trauma Therapy* Third Edition is both comprehensive in scope and highly practical in application. This best-selling text provides a creative synthesis of cognitive behavioral, relational affect regulation, mindfulness, and psychopharmacologic approaches to the real-world treatment of acute and chronic posttraumatic states. Grounded in empirically supported trauma treatment techniques and adapted to the complexities of actual clinical practice, this book is a hands-on resource for front-line clinicians, those in private practice, and graduate students of public mental health. *Contextual Behavior Therapy for Sexual and Gender Minority Clients* Matthew D. Skinta, 2020-11-22 Combining theory, research, and case studies, this book shows clinicians how to apply transdiagnostic contextual behavioral approaches when working with sexual and gender minority (SGM) clients. The text first examines minority stress theory through the lens of contextual behavior analysis. Subsequent chapters illustrate the application of therapeutic techniques drawn from acceptance and commitment therapy, functional analytic psychotherapy, and compassion-focused therapy. The book concludes with a close look at special areas of consideration, including pre-surgical evaluation, the impact of HIV on SGM communities, ethical considerations, and future directions in therapy with SGM clients. Every chapter provides a series of diverse vignettes that illustrate how each aspect of treatment might build upon the last, along with a list of recommended books for further exploration of that topic. This book offers a unique, integrated approach that can be used for case conceptualization and followed as a treatment manual for professionals or graduate students with a foundation in SGM psychology. *Anxiety & Trauma Recovery Book* Janene M. Donarski, Ph.D., LP, LMSW, CCATP, 2023-06-16 In the decades of being a psychologist, I have not only educated and trained thousands of professionals on how to treat anxiety and trauma with neuroscience-informed treatments, but I have also personally experienced and healed from trauma. Many people who suffer from anxiety and trauma do not feel hope of relief. I know there is relief, and I want to bring that hope to all with this step-by-step treatment book. For a practicing mental health professional, knowing what to do, when, and how to apply these specific treatments is key. This resource-packed text will help you engage your clients with empathy and intelligence, treat their anxiety and trauma, and meet therapeutic goals. *Anxiety and Trauma Recovery* will help you to understand the brain's anxiety and trauma responses, why and how integrated neuroscience-informed treatment works, and how to apply these treatments to heal anxiety and trauma. You will learn how to integrate brain-based strategies for calming the anxious mind with client communication techniques that motivate change in your clients. The approaches in this book promote adherence to treatment and strengthen the therapeutic alliance, which is essential when working with anxious, worried, traumatized, or obsessive clients. *The Impact of Complex Trauma on Development* Cheryl Arnold, Ralph Fisch, 2011-10-16 *The Impact of Complex Trauma on Development* describes what happens cognitively and emotionally, behaviorally, and relationally to people who are repeatedly traumatized in childhood. Part One

brings together trauma theory with a number of theories of human development It directly addresses and describes developmental pathology and its origins Through powerful examples it conveys to the reader the pain and destruction caused by ongoing trauma abuse and continuous stress Part Two written from the perspective of a clinician who has worked extensively with traumatized children and adults is primarily directed to mental health professionals and graduate students These chapters are devoted to describing how to recognize the pathological consequences of trauma and how to intervene and remediate these developmental deficits The overarching theory is psychoanalytically based and developmental but other treatment approaches are integrated into the therapy when they are developmentally and therapeutically appropriate The text raises important questions related to the development of the self its relationship to therapy and the diagnosis and treatment of complex trauma in children adolescents and adults Treatment of Complex Trauma Christine A.

Courtois,Julian D. Ford,2012-10-22 This insightful guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma Christine Courtois and Julian Ford present their effective research based approach for helping clients move through three clearly defined phases of posttraumatic recovery Two detailed case examples run throughout the book illustrating how to plan and implement strengths based interventions that use a secure therapeutic alliance as a catalyst for change Essential topics include managing crises treating severe affect dysregulation and dissociation and therapist self care The companion website offers downloadable reflection questions for clinicians and extensive listings of professional and self help resources A new preface in the paperback and e book editions addresses key scientific advances See also Drs Courtois and Ford s edited volumes Treating Complex Traumatic Stress Disorders in Adults Second Edition and Treating Complex Traumatic Stress Disorders in Children and Adolescents which present research on the nature of complex trauma and review evidence based treatment models Winner Second Place American Journal of Nursing Book of the Year Award Psychiatric and Mental Health Nursing Category Treating Complex Traumatic Stress Disorders in Children and Adolescents Julian D. Ford,Christine A. Courtois,2013-07-11 With contributions from prominent experts this pragmatic book takes a close look at the nature of complex psychological trauma in children and adolescents and the clinical challenges it presents Each chapter shows how a complex trauma perspective can provide an invaluable unifying framework for case conceptualization assessment and intervention amidst the chaos and turmoil of these young patients lives A range of evidence based and promising therapies are reviewed and illustrated with vivid case vignettes The volume is grounded in clinical innovations and cutting edge research on child and adolescent brain development attachment and emotion regulation and discusses diagnostic criteria including those from DSM IV and DSM 5 See also Drs Courtois and Ford s edited volume Treating Complex Traumatic Stress Disorders Adults and their authored volume Treatment of Complex Trauma A Sequenced Relationship Based Approach **Development of a clinician's guide to complex trauma** Naila Jasso,2015

**Diagnosing and Treating Complex Trauma** Trudy Mooren,Martijn Stöfvel,2014-08-01 The term complex trauma

refers to a broad range of symptoms resulting from exposure to prolonged or repeated severely traumatizing events This broad spectrum of psychological symptoms complicates the formulation of an all encompassing explicit definition which in turn complicates the creation of specific treatment guidelines In *Diagnosing and Treating Complex Trauma* Trudy Mooren and Martijn St fsel explore the concept of complex trauma with reference to severely traumatised people including refugees asylum seekers war veterans people with severe occupational trauma and childhood trauma and others who have dealt with severe violence The book introduces a layered model for diagnosing and treating complex trauma in four parts Part One introduces the concept of complex trauma its historical development and the various theories about trauma The authors introduce a layered model that describes the symptoms of complex trauma and conclude with a discussion on the three phase model Part Two describes the diagnostic options available that make use of a layered model of complex trauma Part Three discusses the treatment of complex trauma using the three phase model as an umbrella model that encompasses the entire treatment Chapters cover a multitude of stabilization techniques crucial to the treatment of every client group regardless of the therapeutic expectations This part also contains an overview of the general and specific trauma processing techniques The last chapter in this part covers the third phase of the treatment integration Part Four addresses the characteristics of different groups of clients who are affected by complex trauma the components that affect their treatment and the suggested qualities required of a therapist to deal with each group The book concludes with a chapter discussing the consequences for therapists providing treatment to people afflicted by complex trauma Developed from the authors own clinical experiences *Diagnosing and Treating Complex Trauma* is a key guide and reference for healthcare professionals working with severely traumatised adults including psychologists psychotherapists psychiatrists social psychiatric nurses and case managers

**Healing Developmental Trauma** Laurence Heller, Ph.D.,Aline LaPierre, Psy.D.,2012-09-25 This well organized valuable guide draws from somatic based psychotherapy and neuroscience to offer clear guidance for coping with childhood trauma Peter Levine author of *Waking the Tiger* and *In an Unspoken Voice* Although it may seem that people suffer from an endless number of emotional problems and challenges Laurence Heller and Aline LaPierre maintain that most of these can be traced to five biologically based organizing principles the need for connection attunement trust autonomy and love sexuality They describe how early trauma impairs the capacity for connection to self and others and how the ensuing diminished aliveness is the hidden dimension that underlies most psychological and many physiological problems Heller and LaPierre introduce the NeuroAffective Relational Model NARM a method that integrates bottom up and top down approaches to regulate the nervous system and resolve distortions of identity such as low self esteem shame and chronic self judgment that are the outcome of developmental and relational trauma While not ignoring a person s past NARM emphasizes working in the present moment to focus on clients strengths resources and resiliency in order to integrate the experience of connection that sustains our physiology psychology and capacity for relationship *The Practical Guide for Healing Developmental Trauma*

Laurence Heller, Ph.D., Brad J. Kammer, LMFT, 2022-07-26 A practical step by step guide and follow up companion to Healing Developmental Trauma presenting one of the first comprehensive models for addressing complex post traumatic stress disorder C PTSD The NeuroAffective Relational Model NARM is an integrated mind body framework that focuses on relational attachment developmental cultural and intergenerational trauma NARM helps clients resolve C PTSD recover from adverse childhood experiences ACEs and facilitate post traumatic growth Inspired by cutting edge trauma informed research on attachment developmental psychology and interpersonal neurobiology The Practical Guide for Healing Developmental Trauma provides counselors psychotherapists psychologists social workers and trauma sensitive helping professionals with the theoretical background and practical skills they need to help clients transform complex trauma It explains The four pillars of the NARM therapeutic model Cultural and transgenerational trauma Shock vs developmental trauma How to effectively address ACEs and support relational health How to differentiate NARM from other approaches to trauma treatment NARM s organizing principles and how to integrate the program into your clinical practice

**Developmental Trauma** Daniel Cruz, 2023-06-29 Developmental Trauma offers a comprehensive introduction to the research findings that help us understand the effects on human development of early childhood trauma and adaptation to stress It explains how DTD differs from PTSD and emerges from a toxic seed planted at the beginning of an individual s lifespan development This important volume examines relational traumas and adverse childhood experiences such as exposure to family and community violence polyvictimization multiple repeated childhood traumas and disruptions to parent child bonds which lay the foundation for future relationships The volume considers how DTD affects self regulation capacities identity development self esteem and faith in oneself and others and increases the likelihood of comorbidities including ADHD and autism spectrum disorders Individuals with indications of developmental trauma face lifelong challenges in their ability to develop and maintain trusting relationships to build and utilize healthy coping strategies and to adjust to school and eventually the workplace Uniquely Daniel Cruz goes beyond individual levels of analysis that focus almost exclusively on patients and explores toxic stress embedded in social systems and institutional policies and procedures that cause individuals to suffer experience psychiatric and medical problems and that lead to social and economic adversities such as poverty homelessness and involvement in criminal activity Key topics explored include institutional betrayal such as sexual assaults and workplace bullying and judicial betrayal when failures from the legal system do not adequately protect victims of trauma for example in cases of domestic violence Developmental Trauma is for students of child and adolescent psychology developmental psychology clinical psychology primary care and health psychology education social work and urban studies It is relevant for graduate students in applied fields such as clinical and counseling psychology and those working with diverse children as well as public health and policy

**Essentials of Trauma-Informed Assessment and Intervention in School and Community Settings** Kirby L. Wycoff, Bettina Franzese, 2019-01-30 Understanding how chronic stress affects child

development with step by step guidelines for conducting trauma informed assessments and interventions Children exposed to early negative and adverse experiences may not think feel process emotions behave respond to or relate to others the same way that typically developing children do If psychologists do not appreciate and understand the effects of trauma in the lives of children they may be working in ways that are not efficient or effective and may actually be providing a disservice to the children and families they serve This volume provides an overview of the deleterious effects of adverse childhood experiences also referred to as complex trauma toxic stress or developmental trauma on children s functioning adjustment cognitive social emotional behavioral academic and neuropsychological outcomes Complex trauma can alter brain structure and function and throw children off a normal developmental trajectory resulting in a myriad of negative outcomes In addition step by step guidelines are provided for conducting trauma informed assessments treatments and interventions Understand how early stressors can affect influence normal development and influence child psychopathology Learn how exposure to early life adversity affects the biological stress systems which can compromise normal brain development Become familiar with the functions and neuropsychological constructs associated with brain regions affected by chronic stress Identify risk factors that can negatively influence children s behavioral social emotional cognitive and academic functioning Identify and use trauma sensitive assessment instruments and protocols Gather background and family history from a trauma perspective Use evidence based interventions to best meet each child s unique needs

**Essentials of Trauma Informed Assessment and Interventions in the Schools** is essential reading for school clinical and related psychologists and their trainers

**Treating Adult Survivors of Childhood Emotional Abuse and Neglect** Elizabeth K. Hopper, Frances K. Grossman, Joseph Spinazzola, Marla Zucker, 2018-12-11 Grounded in 40 years of clinical practice and research this book provides a systematic yet flexible evidence informed framework for treating adult survivors of complex trauma particularly those exposed to chronic emotional abuse or neglect Component based psychotherapy CBP addresses four primary treatment components that can be tailored to each client s unique needs relationship regulation dissociative parts and narrative Vivid extended case examples illustrate CBP intervention strategies and bring to life both the client s and therapist s internal experiences The appendix features a reproducible multipage clinician self assessment tool that can be downloaded and printed in a convenient 8 1 2 x 11 size See also Treating Traumatic Stress in Children and Adolescents Second Edition by Margaret E Blaustein and Kristine M Kinniburgh which presents a complementary approach for children and adolescents

Perfect Guide To Complex Post Traumatic Stress Disorder Dr Nathan Cole, 2020-06-07 C m l x tr um still a r l t v l new f ld f h l g C m l x post traumatic tr disorder C PTSD r ult fr m ndur ng m l x trauma C m l x tr um ongoing r r t d interpersonal trauma wh r the victim is tr um t z d n captivity nd wh r th r n r v d w t Ongoing child bu captivity abuse b u th h ld nn t D m t violence n th r x m l F r d r t tut n x tr ff k ng n th r C m l x PTSD a proposed disorder which is d ff r nt to t tr um t tr disorder Many f the u nd m t m endured b m l x tr um urv v r r ut d f th l t of m t m w th n th un m l t d PTSD diagnostic r t r n Complex PTSD d

acknowledged valid symptoms. The most complex trauma very difficult to a n time relevant trauma. The effect of trauma caused by people having the brain damaged at a core level. It has been shown that survivors view the world through themselves in different ways. Complex trauma is different from PTSD and is not found in the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition which defines all recognized mental illness but rather is a type of PTSD. Complex PTSD has been proposed as a diagnosis for a form of PTSD that occurs when a traumatic event such as the father's rape in a sexual assault or rape PTSD in R and Abu Victims. The former PTSD is not the same as the PTSD in the DSM 5 but additional authors must describe this disorder as DESNOS or a complex trauma disorder when the trauma is related to and related to PTSD.

**The Validation of the Trauma Assessment for Young Children** Heidi Lynne Strickler, 2011. Young children experience a variety of traumatic experiences ranging from divorce and witnessing family violence to living with parents who have addictive behaviors to experiencing severe illness and injury to experiencing population wide traumas to experiencing physical or sexual abuse or other forms of child maltreatment. Young children between the ages of 3 and 7 are in the preoperational stage of cognitive development and consequently process these experiences in a different manner than adults. As a result, assessment measures need to take this cognitive processing into account and look at the children's views of their experiences. Psychosocial development is equally important in the development of assessment instruments since children in this age group are within Erikson's stages of initiative versus guilt and industry versus inferiority so they are beginning to develop their own opinions and representations of the world. Assessment instruments also need to communicate with children on their own level which at this age is through play. The current study developed an assessment instrument of trauma symptoms in young children based on a combination of the American Psychiatric Association's diagnostic criteria for Post Traumatic Stress Disorder PTSD, recommendations for alternative diagnostic criteria for PTSD in preschool children and theoretical literature related to complex trauma and developmental trauma disorder in young children. The Trauma Assessment for Young Children was tested in a control sample of children from an area Head Start Center and a designated trauma sample from children's advocacy centers and domestic violence shelters. The purpose of the study was to validate the Trauma Assessment for Young Children. The Trauma Assessment for Young Children had good test-retest reliability. The measure was found to have moderate internal consistency on both the child report and caregiver report versions with higher levels in the caregiver report. The Trauma Assessment for Young Children had good convergent validity with the Trauma Symptom Checklist for Young Children's PTSD subscale. It demonstrated good discriminant validity with the Child Behavior Checklist's externalizing subscales, attention aggression and total externalizing. Finally, the Trauma Assessment for Young Children demonstrated known groups validity on the caregiver report version of the measure indicating that it has the ability to differentiate between the children who have and have not experienced trauma. These results are promising for the future utility of the measure with children who have

experienced a trauma however the sample size was small therefore implications for future research are discussed as well as implications for social work policy and practice

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