

Appendix 2.

COMPLEX PTSD
DISORDERS OF EXTREME STRESS, NOT OTHERWISE SPECIFIED
(DESNOS)
PROPOSED CRITERIA

A. ALTERATIONS IN REGULATING AFFECTIVE AROUSAL

1. chronic affect dysregulation
2. difficulty modulating anger
3. self-destructive and suicidal behaviour
4. difficulty modulating sexual involvement
5. impulsive and risk-taking behaviours.

B. ALTERATIONS IN ATTENTION AND CONSCIOUSNESS

1. amnesia
2. dissociation

C. SOMATIZATION

D. CHRONIC CHARACTEROLOGICAL CHANGES

1. alterations in self-perceptions: chronic guilt and shame; feelings of self-blame, of ineffectiveness, and of being permanently damaged.
2. alterations in perception of perpetrator: adopting distorted beliefs and idealizing the perpetrator
3. alterations in relations with others:
 - a. an inability to trust or maintain relationships with others
 - b. a tendency to be revictimized
 - c. a tendency to victimize others

E. ALTERATIONS IN SYSTEMS OF MEANING

1. despair and hopelessness
2. loss of previously sustaining beliefs

Source: van der Kolk, Chapter 9 in van der Kolk, McFarlane & Weisaeth (Eds.) (1996), *Traumatic Stress*