Treatment Pathway for Complex PTSD

Compassion

Assessment

- Safe Existence Relaxation Group
- Psycho-educational Work Life Skills
- Emotional Awareness and Regulation
- Stabilisation
- Therapeutic Relationship Building
- Combined understanding of Underlying Personality

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- Schema Therapy
- Continued Emotional Awareness and Regulation
- Trauma Focused CBT
- Continued Therapeutic Relationship Work
- EMDR
- Continued Safe Existence

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- Reintegration of Personality
- Integration of Trauma
- Continued Emotional Awareness and Regulation
- Relapse Prevention Work

Discharge