Trauma-informed care in AOD settings: What clinicians need to know

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Trauma & substance use

- The relationship between trauma, post-traumatic stress, and substance use
- How trauma-related issues can impact substance use treatment
- Key elements of trauma-informed care
- evidence-based treatment options for co-occurring traumatic stress and substance use

The relationship between trauma, post-traumatic stress, and substance use

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What is trauma exposure?

- An <u>event</u> where a person is exposed to:
  - death, threatened death
  - actual or threatened serious injury
  - actual or threatened sexual violence

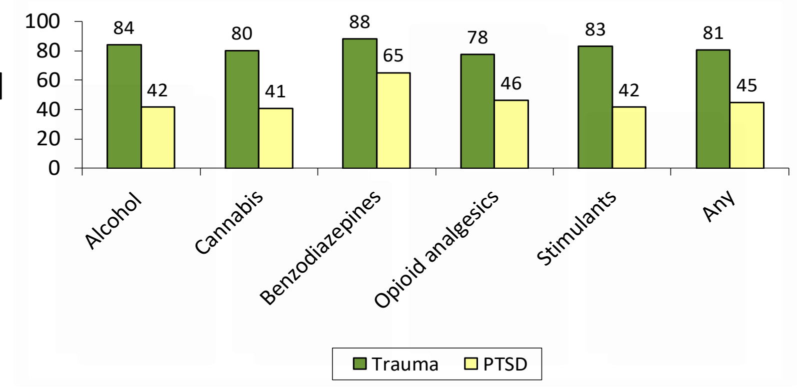
- The event may be <u>experienced via</u>:
  - direct exposure
  - witnessing, in person
  - indirectly (i.e., learning that a close relative or close friend was exposed to trauma)
  - repeated or extreme indirect exposure to aversive details of events (usually in the course of professional duties)

- May be prolonged or one-off event

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (DSM-5®).

Trauma exposure among clients of AOD services

- Most commonly:
  - witnessing serious injury or death,
  - threatened with a weapon, held captive or kidnapped
  - physical or sexual assault



- High rates of childhood trauma

- The vast majority have experienced multiple traumas

Dore et al. Posttraumatic stress disorder, depression and suicidality in inpatients with substance use disorders. Drug Alcohol Rev 2012;31:294–302.

Mills et al. Posttraumatic stress disorder among people with heroin dependence in the Australian treatment outcome study (ATOS): prevalence and correlates. Drug Alcohol Depend 2005;77:243–9.

Kingston et al. A systematic review of the prevalence of comorbid mental health disorders in people presenting for substance use treatment in Australia. Drug Alcohol Rev. 2017; 36, 527-539.

Consequences of trauma exposure

- Traumatic events are often defining, life-changing moments, regardless of whether a person goes on to develop PTSD or any other trauma-related disorder.
- Whether it be a one-off event or more prolonged, trauma can shape or redefine a person's views about:
  - themselves (e.g. I am weak, bad, worthless)
  - the world around them (e.g. the world is not safe)
  - how they relate to it (e.g. people cannot be trusted)

Mills, KL (2015). The importance of providing trauma-informed care in alcohol and other drug services. Drug and Alcohol Review, 34(3), 231-233.

Mills KL et al. (2012). Integrated Exposure-Based Therapy for Co-occurring Posttraumatic Stress Disorder and Substance Dependence: A Randomized Controlled Trial. JAMA; 308(7): 690-699.

Consequences of trauma exposure

- The earlier the trauma, the greater the risk for these problems

- Those exposed to multiple traumas are at increased risk for cumulative impairment

https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/about.html

Consequences of trauma exposure

Canada:
Child abuse
↓
all DSM-IV disorders
(Afifi et al., 2014)

USA:
Child physical abuse
↓
PTSD, bipolar, ADHD
(Sugaya et al., 2012)

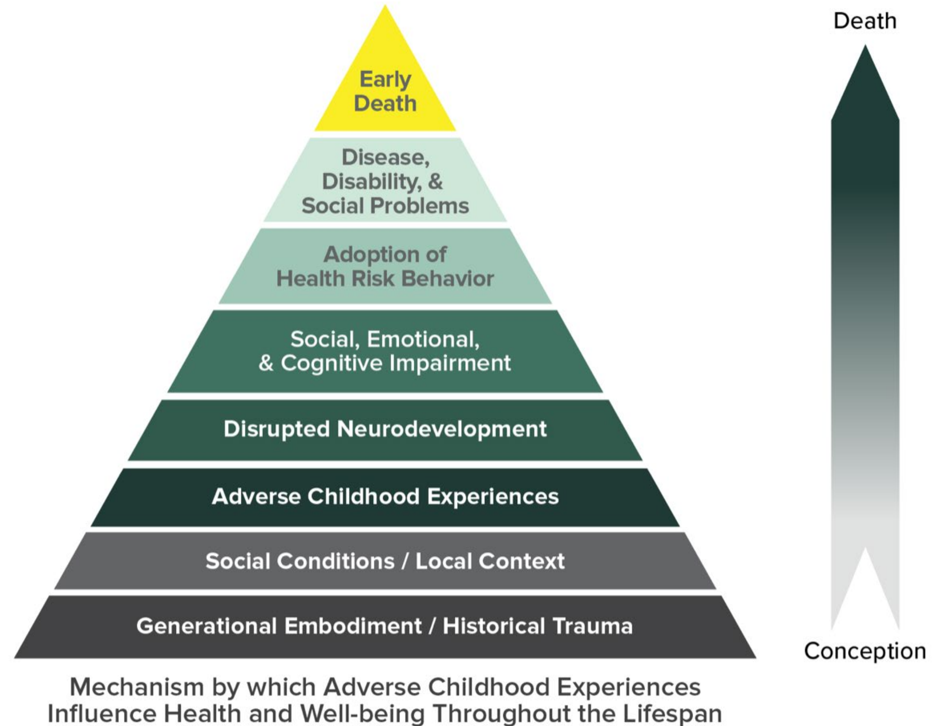
UK:
Child sexual abuse
↓
PTSD, GAD, eating disorders
(Chou et al., 2012)

WMH Surveys:
Child adversity
↓
elevated risk of all DSM-IV disorders, consistent across country groups
(Kessler et al., 2010)

US Adverse Childhood Experiences (ACEs) Study

- ACEs associated with:
  - increased rates of alcohol abuse and illicit drug use,
  - earlier age of onset of illicit drug use,
  - poorer mental health and attempted suicide

- Risk of occurrence and severity of each outcome increased with the number of adverse events experienced (e.g., for each additional event experienced, the odds of developing an illicit drug problem increase by 30- 40%)



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/about.html

Dube SR, Anda RF, Felitti VJ, et al. (2002) Adverse childhood experiences and personal alcohol abuse as an adult. *Addictive Behaviors* 27: 713-725.

Dube SR, Felitti VJ, Dong M, et al. (2003) Childhood abuse, neglect, and household dysfunction and the risk of illicit drug use: t adverse childhood experiences study. *Pediatrics* 111: 564-572.

Dube SR, Miller JW, Brown DW, et al. (2006) Adverse childhood experiences and the association with ever using alcohol and initiating alcohol use during adolescence. *Journal of Adolescent Health* 38(4): 444.e1-10.

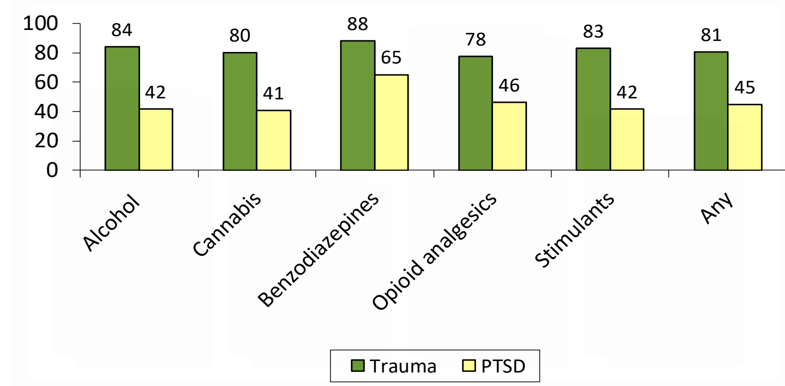
2007 Australian National Survey of Mental Health and Wellbeing

- 1/3 of adults who reported exposure to childhood trauma developed an AOD use disorder (predominantly alcohol and cannabis)
- 3x that of adults who had never experienced trauma (13%)
- 1.3x that of people who had only experienced trauma in adulthood (23%)

Barrett et al. (2015) Substance use and mental health consequences of childhood trauma: An epidemiological investigation. Drug and Alcohol Dependence 146: e217-e218

Trauma exposure among clients of AOD services

- Most commonly:
  - witnessing serious injury or death,
  - threatened with a weapon, held captive or kidnapped
  - physical or sexual assault



- High rates of childhood trauma

- The vast majority have experienced multiple traumas

– **Up to two-thirds** of AOD clients have also been found to suffer from PTSD.

Dore et al. Posttraumatic stress disorder, depression and suicidality in inpatients with substance use disorders. Drug Alcohol Rev 2012;31:294–302.

Mills et al. Posttraumatic stress disorder among people with heroin dependence in the Australian treatment outcome study (ATOS): prevalence and correlates. Drug Alcohol Depend 2005;77:243–9.

Kingston et al. A systematic review of the prevalence of comorbid mental health disorders in people presenting for substance use treatment in Australia. Drug Alcohol Rev. 2017; 36, 527-539.

PTSD among people with SUD

Substance	OR (95%CI)
Alcohol	5.2 (3.5 – 7.7)
Cannabis	4.0 (2.2 – 7.2)
Sedative	24.1 (12.9 – 44.8)
Opioid	23.5 (10.5 – 52.8)
Amphetamine	17.1 (7.2 – 40.4)
Any	6.5 (4.6 – 9.4)

Mills et al. (2006). Trauma, post traumatic stress disorder and substance use disorders: Findings from the Australian National Survey of Mental Health and Well being. American Journal of Psychiatry, 163: 651-658.

Population estimates: Order of onset

Table 2. *Co-morbid disorders among those with lifetime post-traumatic stress disorder (PTSD) (n = 664)*

	Males						Females					
	PTSD primary		PTSD same year		PTSD secondary		PTSD primary		PTSD same year		PTSD secondary	
	%	S.E.	%	S.E.	%	S.E.	%	S.E.	%	S.E.	%	S.E.
Any affective disorder	45.8	7.6	21.0	6.3	33.2	6.9	40.9	4.5	25.5	3.0	33.6	3.7
Any anxiety disorder	35.4	7.3	8.6	3.6	56.1	7.1	32.6	4.2	19.4	3.4	48.0	4.2
Any substance use disorder	63.6	7.0	4.4	2.0	32.0	6.4	52.0	4.9	11.1	2.9	37.0	4.8
Any mental disorder	41.6	6.6	10.7	3.8	47.7	5.9	33.4	3.4	15.3	2.1	51.2	3.3

S.E., Standard error.

Chapman et al. (2012). Remission from post-traumatic stress disorder in the general population. *Psychological Medicine, 42, 1695-1703.*

What is PTSD?

- The most common psychiatric disorder to occur after a traumatic event

  - **Intrusion/re-experiencing:** intrusive memories, nightmares, flashbacks, physiologic reactivity when exposed to reminders (increased HR, sweating, shaking)
  - **Avoidance:** trauma-related thoughts/feelings, people/places/activities that serve as reminders
  - **Negative alterations in cognitions and mood:** negative thoughts about self and world, self blame, decreased interest in activities and decreased positive affect
  - **Alterations in arousal and reactivity:** irritability/aggression, hypervigilance, exaggerated startle response, difficulty concentrating or sleeping

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (DSM-5®).

Complex PTSD

- Complex PTSD = PTSD +
  1. difficulties associated with affect regulation
  2. persistent negative beliefs about oneself
  3. disturbances in interpersonal relationships

The Trauma & Substance Use In Treatment Study (TASIT)

- Screening entrants to substance use treatment in Western Sydney
- ICD-11 PTSD and CPTSD symptoms
- N = 72 recruited (prior to COVID-19)
  - Age:
    - 20 – 62 years
    - *M* = 35.78, *SD* = 10.08
  - Gender:
    - 61.1% Male
    - 38.90% Female

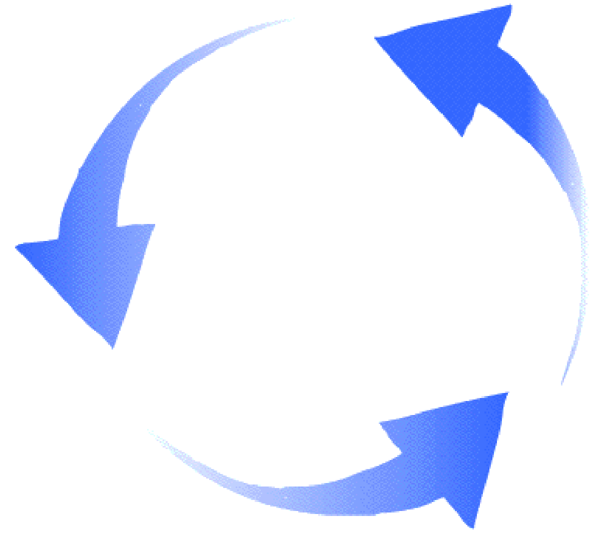
Diagnosis (Symptom)	Endorsing on Screening
PTSD	**5.80%**
• **Re-Experiencing**	52.80%
• **Avoidance**	74.65%
• **Persistent Sense of Threat**	70.00%
CPTSD	**34.78%**
• **Affect Dysregulation**	84.70%
• **Negative Self Concept**	69.40%
• **Disturbances in Relationships**	80.60%

Why do SUD+PTSD co-occur?

- Theories to explain the relationship:
  - **Self-medication hypothesis**
    - Self-medication of PTSD symptoms plays a significant role in the development and maintenance of AOD use disorders.

Why do SUD+PTSD co-occur?

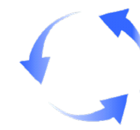
- Theories to explain the relationship:
  - Self-medication hypothesis
  - High-risk hypothesis
  - Susceptibility hypothesis
  - Common factors hypothesis



Regardless, once have both disorders each serves to maintain/exacerbate the other

How trauma-related issues can impact substance use treatment

Trauma, PTSD, and AOD use are integrally related



- Improvements in PTSD lead to improvements in substance use but reciprocal relationship not observed - PTSD symptoms do not remit following improvements in substance use.

- On the contrary, PTSD symptoms may worsen in the absence of substance use, making it difficult for patients to sustain abstinence and increasing their risk of relapse to AOD use

- Highlights the centrality of PTSD improvement in the treatment of SUD+PTSD clients.

Back et al. Cocaine dependence and PTSD: A pilot study of symptom interplay and treatment preferences. Addict Behav 2006;31:351–4.
Hien et al. Do treatment improvements in PTSD severity affect substance use outcomes? A secondary analysis from a randomized clinical trial in NIDA's clinical trials network. Am J Psychiatry 2010;167:95–101.
Read et al. Substance use and PTSD: symptom interplay and effects on outcome. Addict Behav 2004;29:1665–72.
Myrick & Brady. Current review of the comorbidity of affective, anxiety and substance use disorders. Curr Opin Psychiatry 2003;16:261–70.
Sharkansky et al. Substance abuse patients with PTSD: identifying specific triggers of substance use and their associations with PTSD symptoms. Psychol Addict Behav 1999;13:89–97.
Dansky et al Untreated symptoms of PTSD among cocaine-dependent individuals. Changes over time. J Subst Abuse Treat 1998;15:499–504.

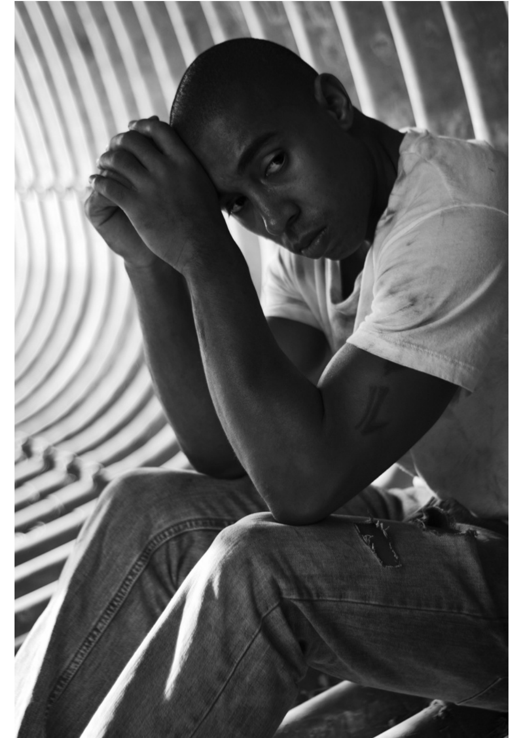
Harms associated with PTSD+SUD

Poorer physical health

Poorer psychological health

Poorer psychosocial functioning

More severe clinical profile

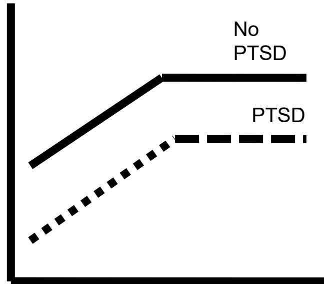


Mills et al. (2005). Post traumatic stress disorder among people with heroin dependence in the Australian Treatment Outcome Study (ATOS): Prevalence and correlates. Drug and Alcohol Dependence; 77(3): 243-249.

Short and long term outcomes

Both those with and without PTSD demonstrate improvement across a range of substance use outcomes

BUT…



Mills et al. (2007). The impact of PTSD on treatment outcomes for heroin dependence. Addiction, 102: 447-454.
Mills et al (2018). The long-term impact of post traumatic stress disorder on recovery from heroin dependence. Journal of Substance Abuse Treatment. 89: 60-66.

Short- and long-term outcomes

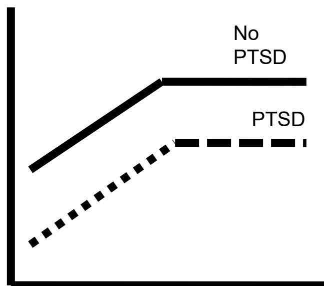
Both those with and without PTSD demonstrate improvement across a range of substance use outcomes

BUT…

they continue to demonstrate poorer physical and mental health, and occupational functioning in the short term (2-years)

and consistently experience higher rates of depression, attempted suicide, subsequent trauma…

and lower rates of employment, in the long term (11-years)



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Mills et al (2018). The long-term impact of post traumatic stress disorder on recovery from heroin dependence. Journal of Substance Abuse Treatment. 89: 60-66.

Approaches to managing and treating trauma + substance use

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Trauma-informed approaches

- **Trauma Informed Care** - a service level approach that assumes clients have a trauma history and is sensitive and responsive to their needs.

- **Trauma Informed Practice** - the provision of psychosocial treatment of trauma related symptoms.

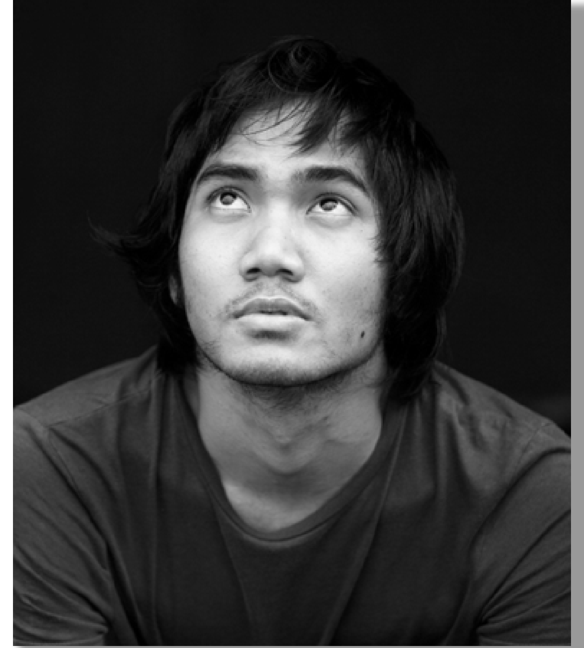
Metro North Mental Health – Alcohol and Drug Service (2019). Model of Care: Trauma Informed Care and Practice for Alcohol and Drug Treatment. Available at: https://qheps.health.qld.gov.au/__data/assets/pdf_file/0031/2427682/model-trauma-care.pdf

Trauma-informed care

Trauma-informed care is a service delivery approach whereby programs:

- recognise the high rates of exposure to trauma in the patient populations they serve
- provide a safe environment and services that accommodate the needs of patients presenting with a history of significant trauma

It is about understanding the potential impact of trauma on AOD treatment so as to ***"create treatment environments that are more healing and less retraumatising"***



Killeen et al. (2015). Implementation of integrated therapies for comorbid post-traumatic stress disorder and substance use disorders in community substance abuse treatment programs. Drug and Alcohol Review, 34(3), 234-241.

Trauma-informed care

At a minimum, all members of the AOD workforce should:

- ✓ have an awareness of the extent of trauma exposure among their clientele
- ✓ understand the consequences of trauma exposure and its potential to impact on a recovery
- ✓ be able to recognise the signs and symptoms of PTSD and other trauma-related disorders
- ✓ integrate that knowledge into their practice

Mills (2015). The importance of providing trauma-informed care in alcohol and other drug services. Drug and Alcohol Review, 34(3), 231-33.

Mills & Teesson (2019). Trauma-informed care in the context of alcohol and other drug use disorders. In Benjamin R, Haliburn J, King S. Humanising Mental Health Care In Australia: A Guide to Trauma Informed Approaches. Routledge

Useful resources

- *Mills & Teesson (2019). Trauma-informed care in the context of alcohol and other drug use disorders. In Benjamin R, Haliburn J, King S. Humanising Mental Health Care In Australia: A Guide to Trauma Informed Approaches. Routledge. Available from katherine.mills@sydney.edu.au*
- *Metro North Mental Health – Alcohol and Drug Service (2019). Model of Care: Trauma Informed Care and Practice for Alcohol and Drug Treatment. Available at: https://qheps.health.qld.gov.au/__data/assets/pdf_file/0031/2427682/model-trauma-care.pdf*
- *Insight webinar: Dr Melissa Connell https://insight.qld.edu.au/training/trauma-informed-care-in-aod-services- from-principles-to-practice/detail*
- *NSW Mental Health Coordinating Council (MHCC) Trauma-informed Care and Practice Organisational Toolkit (TICPOT) + other associated resources (2018). Available at: https://www.mhcc.org.au/resource/ticpot-stage-1-2-3/*
- *Marsh, A., Towers, T., & O'Toole, S. (2012). Trauma-informed treatment guide for working with women with alcohol and other drug issues. Perth, Western Australia: Improving Services for Women with Drug and Alcohol and Mental Health Issues and their Children Project.*
- *Blueknot foundation: https://www.blueknot.org.au/Workers-Practitioners/For-Health-Professionals/Resources-for-Health-Professionals/Trauma-Informed-Care-and-practice*
- *US SAMHSA: https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf*

Trauma-informed practice - Psychoeducation

CONTENTS:

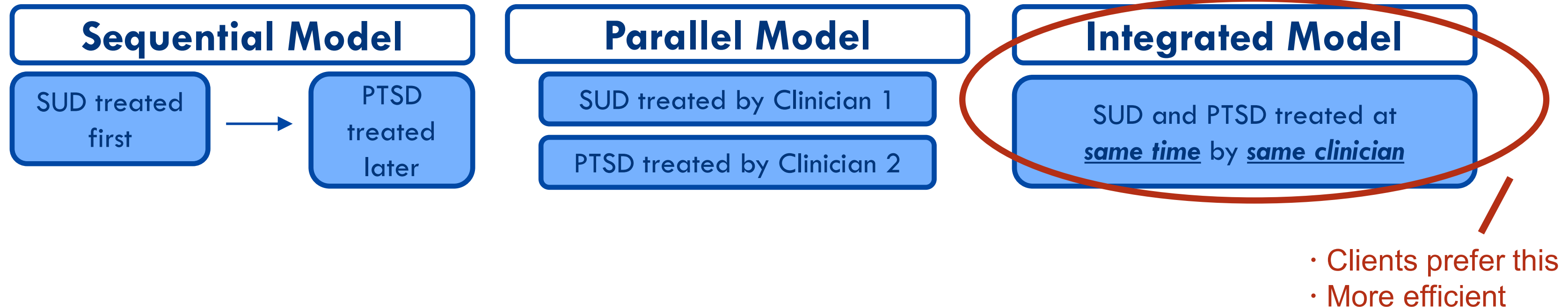
WHO IS THIS BOOKLET FOR AND WHAT DOES IT DO? 1
WHAT IS A TRAUMATIC EVENT? 1
HOW COMMON ARE TRAUMATIC EXPERIENCES? 1
COMMON REACTIONS TO TRAUMATIC EXPERIENCES 2
TRAUMA AND SUBSTANCE USE 3
WHEN SHOULD I SEEK HELP FOR MY TRAUMA REACTIONS? 4
HOW ARE TRAUMA SYMPTOMS TREATED? 4
TIPS FOR STAYING WELL 5
TECHNIQUES FOR STAYING WELL 7
WHERE TO GET HELP 14

Funded by the Australian Government Department of Health and Ageing.

Available at: https://www.sydney.edu.au/content/dam/corporate/documents/matilda-centre/resources/booklets/trauma-and-substance-use.pdf

Trauma-informed practice

- Early hesitancy to provide trauma-informed treatment
  - AOD clients are too vulnerable, need to address AOD use first, or abstinence is necessary before PTSD diagnosis and management
- Ongoing AOD use may impede therapy, but it is not necessary to achieve abstinence before the commencement of PTSD treatment – improvements can be obtained even with continued AOD use



Evidence-based integrated psychotherapies

- Existing approaches have been divided into two types:
  1. Present-focused therapies (e.g., Seeking Safety www.seekingsafety.org/)
  2. Past-focused therapies
- Recent reviews conclude:
  - individual **past-focused therapies** delivered with AOD treatment can reduce PTSD severity and AOD use
  - there is little evidence to support present-focused therapies

Roberts et al. (2015) Psychological interventions for posttraumatic stress disorder and comorbid substance use disorder: a systematic review and meta-analysis. Clinical Psychology Review 38: 25-38.

Simpson, T. L., Goldberg, S. B., Louden, D. K. N., Blakey, S. M., Hawn, S. E., Lott, A., . . . Kaysen, D. (2021). Efficacy and acceptability of interventions for co-occurring PTSD and SUD: A meta-analysis. J Anxiety Disord, 84, 102490. doi:10.1016/j.janxdis.2021.102490

Past-focused therapies

- Most commonly this has involved the use of exposure techniques in which the client is exposed to reminders of the trauma
- Exposure-based treatments have long been considered the ‘gold standard’ in treating PTSD
- Exposure therapy for PTSD involves exposure to a feared stimuli related to the trauma
- <u>In-vivo exposure</u>
  - To people, places, situations that have been avoided (that are not dangerous)
  - Common examples are a crowded supermarket, driving in traffic, watching or reading the news
- <u>Imaginal exposure</u>
  - Repeated and prolonged revisiting of the trauma memory, leads to fear extinction
  - Learn to discriminate between past and present
  - Trauma memories are more organised and maladaptive beliefs are addressed

Past-focused therapies

- Traditionally, exposure therapy for PTSD was considered inappropriate for people with AOD use disorders based on beliefs that the emotions experienced may be overwhelming and could lead to more substance use
- Evidence suggests that this is not the case; exposure therapy does not lead to an exacerbation of AOD use or increase the severity of the AOD use disorder
- On the contrary, exposure therapy has been shown to be protective with regards to relapse among people with alcohol use disorders 6-months post-treatment
- There is also no evidence of increased attrition from studies using trauma-focused interventions

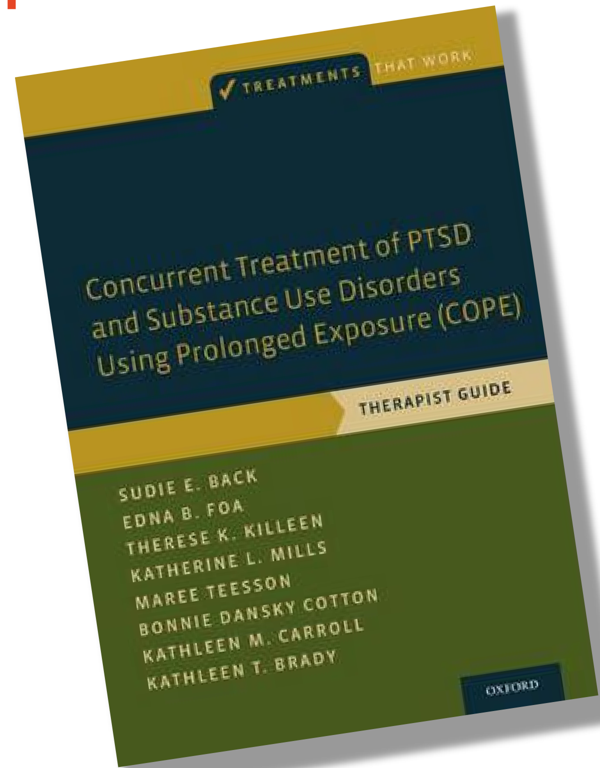
Foa et al. (2013). Concurrent naltrexone and prolonged exposure therapy for patients with comorbid alcohol dependence and PTSD: A randomized clinical trial. Journal of the American Medical Association, 310(5), 488-495

Roberts et al. (2016). Psychological therapies for post-traumatic stress disorder and comorbid substance use disorder. Cochrane Database of Systematic Reviews, Issue 4. Art. No.: CD010204

Simpson, T. L., Goldberg, S. B., Louden, D. K. N., Blakey, S. M., Hawn, S. E., Lott, A., . . . Kaysen, D. (2021). Efficacy and acceptability of interventions for co-occurring PTSD and SUD: A meta-analysis. J Anxiety Disord, 84, 102490. doi:10.1016/j.janxdis.2021.102490

Exposure-based integrated psychotherapies

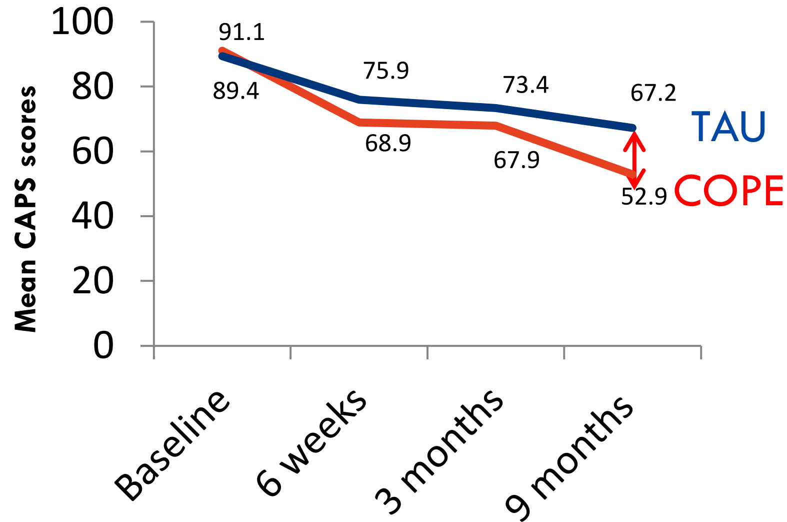
- Sannibale et al (2013) compared the efficacy of integrated CBT for PTSD and alcohol use with supportive counselling for alcohol use (12 session; n=62). Participants who had received one or more sessions of exposure therapy exhibited a twofold greater rate of clinically significant change in PTSD severity compared to those who receive supportive counselling
- Mills et al (2012) examined the efficacy of a 13 session integrated therapy called **Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE)** among individuals with a range of SUDs (combines CBT for SUD and PTSD, including prolonged exposure), relative to TAU for SUD (n=103).

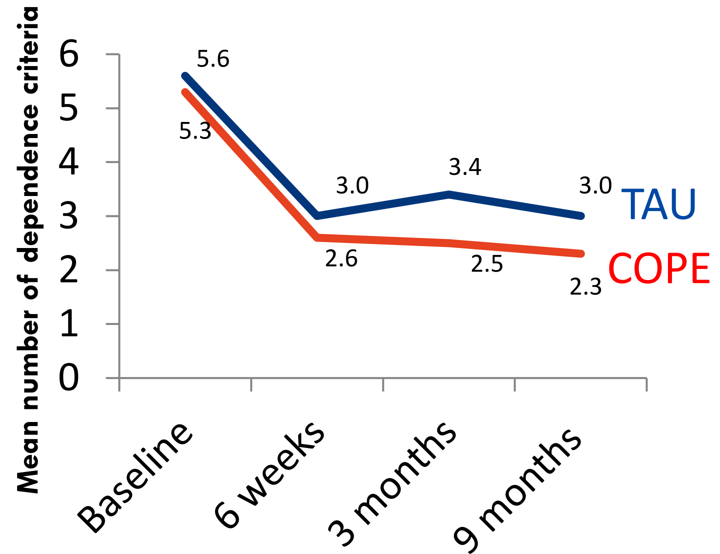


Mills et al. Integrated exposure-based therapy for co-occurring posttraumatic stress disorder and substance dependence: A randomized controlled trial. Journal of the American Medical Association, 2012; 308, 690-699.

Sannibale et al. Randomized controlled trial of cognitive behaviour therapy for comorbid post-traumatic stress disorder and alcohol use disorders. Addiction, 2013; 108, 1397-1410.

Integrated treatment for PTSD and substance use





Mills KL et al (2012). Integrated exposure-based therapy for co-occurring posttraumatic stress disorder and substance dependence: A randomized controlled trial. JAMA; 308: 690-699.

Further research (COPE)

- **Persson** et al (2017) conducted a pilot study of COPE among 22 women in Sweden. Significant reductions in all efficacy-related outcomes, including PTSD and depression symptom severity, alcohol use, craving, and dependence severity.
- **Ruglass** et al (2017) compared the efficacy of COPE and Relapse Prevention Therapy (RPT) for substance use relative to an active monitoring control group (n=110). Both groups demonstrated significantly greater reductions in PTSD and SUD compared to active monitoring. Participants with full PTSD (vs subthreshold) demonstrated significantly greater reductions with COPE relative to RPT.
- **Back** et al (2019) compared the efficacy of COPE to Relapse Prevention among military veterans (n=81). COPE, resulted in significantly greater reductions in PTSD symptom severity, PTSD diagnostic status. Both groups evidenced significant and comparable reductions in SUD severity during treatment. At 6-months follow-up, participants in COPE evidenced significantly fewer drinks per drinking day than participants in RP
- **Mills** et al (underway) RCT comparing a modified version of the COPE program for adolescents (COPE-A) and young adults (aged 12-25yrs) compared to supportive counselling. Further information: http://www.copea.org.au/

Persson, A., Back, S. E., Killeen, T. K., Brady, K. T., Schwandt, M. L., Heilig, M., & Magnusson, Å. (2017). Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): A Pilot Study in Alcohol-dependent Women. Journal of addiction medicine, 11(2), 119-125.

Ruglass, L. M., Lopez-Castro, T., Papini, S., Killeen, T., Back, S. E., & Hien, D. A. (2017). Concurrent treatment with prolonged exposure for co-occurring full or subthreshold posttraumatic stress disorder and substance use disorders: A randomized clinical trial. Psychotherapy and psychosomatics, 86(3), 150-161.

Back, S. E., Killeen, T., Badour, C. L., Flanagan, J. C., Allan, N. P., Santa Ana, E., ... & Brady, K. T. (2019). Concurrent treatment of substance use disorders and PTSD using prolonged exposure: a randomized clinical trial in military veterans. Addictive behaviors, 90, 369-377.

Mills, K. L., Barrett, E., Back, S. E., Cobham, V. E., Bendall, S., Perrin, S., . . . Teesson, M. (2020). Randomised controlled trial of integrated trauma-focused psychotherapy for traumatic stress and substance use among adolescents: trial protocol. BMJ Open, 10(11), e043742. doi:10.1136/bmjopen-2020-043742

Other trauma-focused therapies

- **Coffey** et al (2016) compared the efficacy of a **modified version of prolonged exposure** (mPE), mPE + trauma-focused motivational enhancement session (mPE+MET-PTSD), to a health information-based control condition (HLS) (n=126). All participants received residential substance abuse treatment-as-usual. Both the mPE and mPE+MET-PTSD conditions achieved significantly better PTSD outcome than the control condition. 75.8 % of mPE participants, and 60.0% of the mPE+MET-PTSD participants experienced clinically significant improvement
- **Carletto** et al (2018) compared integrated **EMDR** for trauma and SUD + TAU (EMDR+TAU) to TAU for substance use alone (n=40). Significantly greater improvements for EMDR+TAU than TAU in relation to symptoms of PTSD, dissociation and anxiety.
- **Tapia** et al (2017) conducted a pilot study of **schema therapy + EMDR** for PTSD and SUD (n=15) found reductions in PTSD symptoms, the number of early maladaptive schemas, addiction severity and depressive symptoms.
- **Vujanovic** et al (2018) pilot RCT to evaluate the feasibility and preliminary efficacy of a novel, **CPT+CBT** approach for PTSD/SUD (Treatment of Integrated Posttraumatic Stress and Substance Use; TIPSS), as compared to standard CBT for SUD. Both treatment conditions are comprised of 12, 60-minute individual psychotherapy sessions, delivered twice-weekly over six weeks.

Ongoing:

- **Lortye** et al (2021) are investigating the efficacy of PE, EMDR and Imagery Rescripting **–** importantly comparing effects of simultaneous vs. sequential treatment
- **Schafer** et al (2017) are investigating the efficacy of EMDR as an adjunct treatment for TAU compared to TAU alone.
- V**aliente-Gómez** et al (2019) are investigating EMDR vs. TAU

Coffey, S. F., Schumacher, J. A., Nosen, E., Littlefield, A. K., Henslee, A. M., Lappen, A., & Stasiewicz, P. R. (2016). Trauma-focused exposure therapy for chronic posttraumatic stress disorder in alcohol and drug dependent patients: A randomized controlled trial. Psychology of Addictive Behaviors, 30(7), 778.

Carletto, S., Oliva, F., Barnato, M., Antonelli, T., Cardia, A., Mazzaferro, P., ... & Pagani, M. (2017). EMDR as Add-on Treatment for Psychiatric and Traumatic Symptoms in Patients with Substance Use Disorder. Frontiers in Psychology, 8, 2333.

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***Lortye**, S. A., Will, J. P., Marquenie, L. A., Goudriaan, A. E., Arntz, A., & de Waal, M. M. (2021). Treating posttraumatic stress disorder in substance use disorder patients with co-occurring posttraumatic stress disorder: study protocol for a randomized controlled trial to compare the effectiveness of different types and timings of treatment. BMC psychiatry, 21(1), 442. https://doi.org/10.1186/s12888-021-03366-0*

***Schäfer**, I., Chuey-Ferrer, L., Hofmann, A., Lieberman, P., Mainusch, G., & Lotzin, A. (2017). Effectiveness of EMDR in patients with substance use disorder and comorbid PTSD: study protocol for a randomized controlled trial. BMC psychiatry, 17(1), 95. https://doi.org/10.1186/s12888-017-1255-9*

***Valiente-Gómez**, A., Moreno-Alcázar, A., Radua, J., Hogg, B., Blanco, L., Lupo, W., Pérez, V., Robles-Martínez, M., Torrens, M., & Amann, B. L. (2019). A Multicenter Phase II Rater-Blinded Randomized Controlled Trial to Compare the Effectiveness of Eye Movement Desensitization Reprocessing Therapy vs. Treatment as Usual in Patients With Substance Use Disorder and History of Psychological Trauma: A Study Design and Protocol. Frontiers in psychiatry, 10, 108. https://doi.org/10.3389/fpsyt.2019.00108*

What about CPTSD?

- There is little published evidence to date on treatment of CPTSD
- It has been suggested that this presentation requires *additional* or *alternative* treatment approaches
- More broadly in the trauma literature we see evidence that this isn't necessarily the case
- Trauma-focused interventions are effective in people exposed to complex trauma (e.g., PE, EMDR)
- Multi-component treatments, or modular treatments are being suggested as a means of addressing the additional symptoms associated with CPTSD

***Boterhoven** de Haan, K. L., Lee, C. W., Fassbinder, E., van Es, S. M., Menninga, S., Meewisse, M.-L., . . . Arntz, A. (2020). Imagery rescripting and eye movement desensitisation and reprocessing as treatment for adults with post-traumatic stress disorder from childhood trauma: randomised clinical trial. The British Journal of Psychiatry, 217(5), 609-615.*

***Coventry**, P. A., Meader, N., Melton, H., Temple, M., Dale, H., Wright, K., . . . Gilbody, S. (2020). Psychological and pharmacological interventions for posttraumatic stress disorder and comorbid mental health problems following complex traumatic events: Systematic review and component network meta-analysis. PLoS Med, 17(8), e1003262.*

***Karatzias**, T., Murphy, P., Cloitre, M., Bisson, J., Roberts, N., Shevlin, M., . . . Hutton, P. (2019). Psychological interventions for ICD-11 complex PTSD symptoms: systematic review and meta-analysis. Psychological Medicine, 1-15.*

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What about CPTSD?

PTSD

- Re-Experiencing of the event/s
- Avoidance of reminders
- Persistent sense of threat

CPTSD

- Affect dysregulation

CPTSD

- Negative self-concept

CPTSD

- Interpersonal difficulties

SUD

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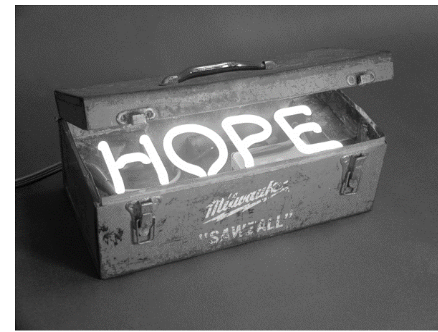
Some general tips…

- Some trauma focused intervention is better than none
- We have the most specific evidence for exposure-based therapies – but the evidence is expanding
- Trauma-focused interventions alone will likely have a positive effect on substance use
- We don’t need to wait for abstinence

Summary



- Trauma exposure and PTSD + AOD are common and associated with significant harm and poorer treatment outcomes
- BUT… there is hope
- Growing evidence demonstrating the safety and efficacy of trauma-focused treatments
- Challenges:
  - How do we stem the flow? Can we build resilience among young people and adaptive coping strategies for adverse events?
  - How do we support people to seek help when needed? How do we intervene early?
  - How do we incorporate evidence based treatments into practice? Trauma informed → trauma focused?

Thank you

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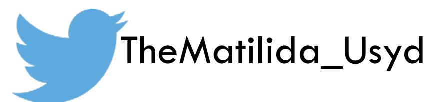
https://sydney.edu.au/research/centres/matilda-centre.html



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