

# Maintaining Wellness When Working with Complex Trauma: Considerations for the Master's Clinical Experience



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## COUNSELORS AGAINST SEX TRAFFICKING Internship Program



- **600-hour Clinical Mental Health Counseling Internship**
- **Unique CAST Internship Program Experiences**
  - Trauma-informed counseling with focus on serving survivors and persons at risk for sex trafficking
  - Clinical sites located in Medically Underserved Communities in and around San Antonio, Texas
  - Two-day sex trafficking specific training and TBRI 101 self-paced training
  - Reimbursements for qualifying food, travel, and professional development expenses

Funded by Texas Higher Education Coordinating Board  
(CACREP, 2015)

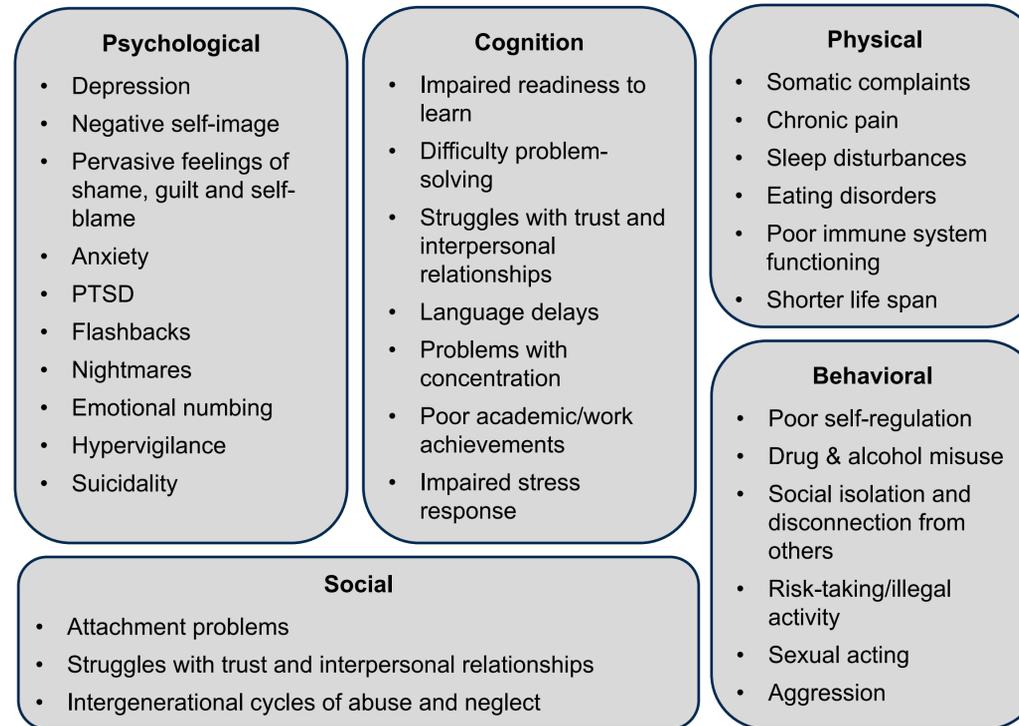
## Clients with Complex Trauma

- **PTSD - Adults**
  - About 5% of adults in the United States have PTSD in any given year.
  - In 2020, about 13 million Americans had a diagnosis of PTSD.
- **PTSD - Teens and Adolescents**
  - 30% of 5.5 million reports of children who have experienced events related to PTSD have proof of abuse.
    - From these cases:
      - 65% neglect
      - 18% physical abuse
      - 10% sexual abuse
      - 7% psychological (mental) abuse
  - At least 1 in 7 children have experienced child abuse and/or neglect in the past year
  - Events involving interpersonal violence, like rape and assault, increase the risk of PTSD.
  - Multiple childhood traumas raise the likelihood of developing PTSD.
  - Girls are more prone to PTSD than boys.
  - The impact of a child's ethnic group on PTSD is not entirely clear; some studies suggest higher PTSD symptoms among minorities, possibly due to increased trauma exposure.

**National representative survey in the United States found 3.4% of participants had PTSD and 3.5% had CPTSD which women reported higher rates of both PTSD and CPTSD.**

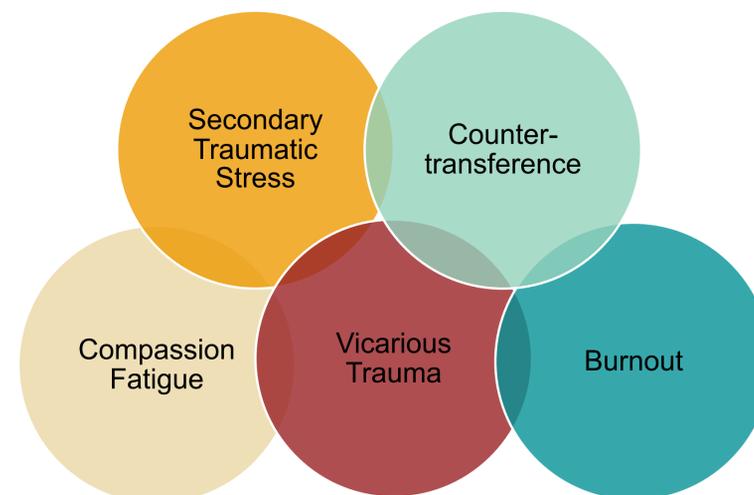
(Brewin, 2020; SAMHSA, 2023; U.S. Department of Veterans Affairs, n.d.)

## Impact of Complex Trauma On Clients



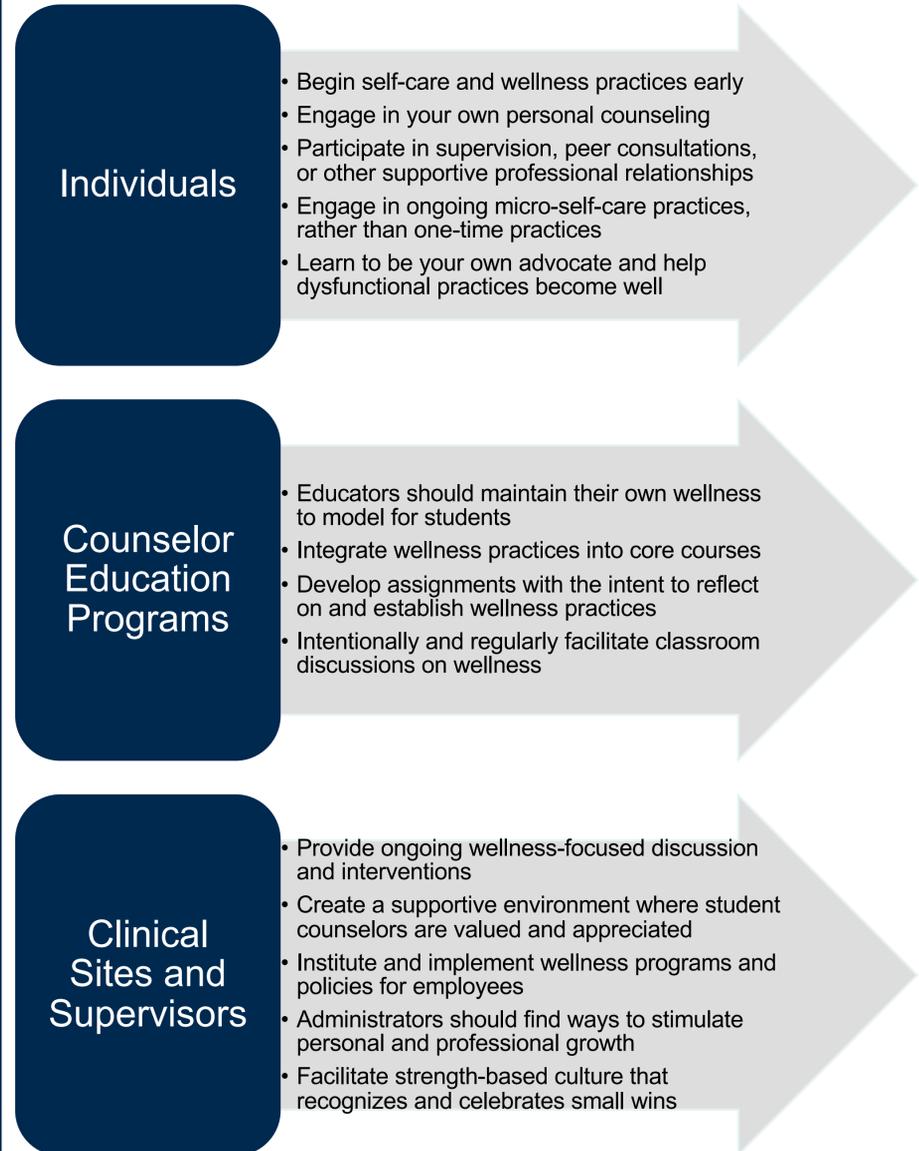
(Bartlett & Steber, 2019; Cloitre et al., 2011; Cook et al., 2017; Courtois & Ford, 2012; Taylor et al., 2006; Teicher et al., 2016; van der Kolk, 2014; World Health Organization, 2022)

## Impact on Counselor



(Burge et al., 2010; Leung et al., 2022; Williams & Nelson-Gardell, 2012)

## Considerations for Maintaining Wellness



(Harrichand et al., 2021; Meaney-Walen et al., 2016; Young et al., 2007)

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