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Complex PTSD is a proposed disorder than can occur after prolonged, repeated trauma. Describes the causes, symptoms, and treatment considerations for Complex PTSD.

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Jun 03, 2014 Healing From Complex Trauma & PTSD/CPTSD. I am a survivor of complex and multiple trauma and abuse, who at the age of 40, began my healing journey.

Complex ptsd pete walker article -

Following is an adapted excerpt from Pete Walker s latest book, Complex PTSD: From Surviving to Thriving A Guide and Map the role of grieving in trauma