# Domains of Impairment in Children Exposed to Complex Trauma

## I. Attachment
- Problems with Boundaries
- Distrust
- Suspiciousness
- Social isolation
- Difficulty attuning to other people’s emotional states
- Difficulty in perspective-taking

## II. Biology
- Sensorimotor development
- Analgesia
- Problems with coordination, balance, body tone
- Somatization
- Increased medical problems across a wide span (pelvic pain, asthma, skin problems, autoimmune disorders, pseudoseizures)

## III. Affect regulation
- Difficulty with emotional self-regulation
- Difficulty labeling and expressing feelings
- Problems knowing and describing internal states
- Difficulty communicating wishes and needs

## IV. Dissociation
- Distinct alterations in states of consciousness
- Amnesia
- Depersonalization and derealization
- Two or more distinct states of consciousness
- Impaired memory for state-based events

## V. Behavioral Control
- Poor modulation of impulses
- Self-destructive behavior
- Aggression toward others
- Pathological self soothing
- Sleep disturbances
- Eating disorders
- Substance abuse
- Excessive compliance
- Oppositional behavior
- Difficulty understanding and complying with rules
- Reenactment of trauma in behavior or play

## V. Cognition
- Difficulties in attention regulation and executive function
- Lack of sustained curiosity
- Problems with processing novel information
- Problems with object constancy
- Difficult planning and anticipating
- Problems understanding responsibility
- Learning difficulties
- Problems with language development
- Problems with orientation in time and space
- Two or more distinct states of consciousness
- Impaired memory for state-based events

## VII. Self Concept
- Lack of a continuous, predictable sense of sense
- Poor sense of separateness
- Disturbances of body image
- Low self esteem
- Shame and guilt

Complex Trauma in Children and Adolescents, Psychiatric Annals, 35:5 May 2005