

Developmental Trauma Disorder (DTD)

Symptom List & Diagnostic Criteria (Beta Draft)

A. Lifetime Contemporaneous Exposure to Developmental Trauma

- A1. Primary caregiving system attachment disruption: impaired caregiver, neglect, prolonged separation, verbal/emotional abuse) - *most typically in conjunction with-*
- A2. Interpersonal victimization: physical or sexual abuse or assault, domestic/intimate partner violence

B. Affective and Somatic Dysregulation (4 items; 3 required for DTD)

- B1. Emotion dysregulation: B1a. extreme and intolerable negative affect states, OR B1b. impaired recovery from extreme negative affect states
- B2. Somatic dysregulation: B2a. aversion to touch, OR B2b. aversion to sounds, OR B2c. somatic distress/illness that cannot medically be explained or resolved
- B3. Impaired awareness or dissociation of emotions or body: B3a. absence of emotion, OR B3b. physical anaesthesia that cannot medically be explained or resolved
- B4. Impaired capacity to describe emotions or bodily states: B4a. alexithymia OR B4b. impaired ability to recognize or express somatic feelings or states

C. Attentional and Behavioral Dysregulation (5 items; 2 required for DTD)

- C1. Attention bias toward or away from potential threats: C1a. threat-related rumination, OR C1b. hyper- or hypo-vigilance to actual or potential danger
- C2. Impaired capacity for self-protection: C2a. extreme risk-taking, thrill-seeking or recklessness, OR C2b. intentional provocation of conflict or violence
- C3. Maladaptive self-soothing
- C4. Habitual (intentional or automatic) or reactive self-harm (non-suicidal self-injury)
- C5. Inability to initiate or sustain goal-directed behavior

D. Self and Relational Dysregulation (6 items; 2 required for DTD)

- D1. Persistent extreme negative self-perception: self-loathing or view of self as damaged / defective
- D2. Attachment insecurity and disorganization: D2a. parentified over-protection of caregivers, OR D2b. difficulty tolerating reunion after separation from primary caregivers
- D3. Extreme persistent distrust, defiance or lack of reciprocity in close relationships: D3a. expectation of betrayal, OR D3b. oppositional-defiance based on expectation of coercion or exploitation
- D4. Reactive physical or verbal aggression
- D5. Psychological boundary deficits: D5a. inappropriate (excessive or promiscuous) intimate contact (physical or sexual), OR D5b. or excessive reliance on peers or adults for safety and reassurance
- D6. Impaired capacity to regulate empathic arousal: D6a. lack of empathy for, or intolerance of, other's distress, OR D6b. excessive responsiveness to the distress of others