

# Developmental Trauma Disorder (DTD)

## Symptom List & Diagnostic Criteria

### **A. Lifetime Contemporaneous Exposure to Developmental Trauma** (either or both)

- A1.** Interpersonal victimization: physical or sexual abuse or assault, domestic/intimate partner violence, bullying, harassment, exploitation, trafficking, hate crimes, racial/ethnic/identity trauma
- A2.** Primary caregiving system attachment disruption: caregiver change or prolonged separation, gross neglect (physical, medical, educational) psychological maltreatment (emotional abuse, emotional neglect, excessive parental demands), caregiver impairment due to mental illness, substance abuse, chronic medical condition, ongoing victimization

### **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