



PTSD Versus CPTSD



Both Post Traumatic Stress Disorder (PTSD) and Complex Post Traumatic Stress Disorder (CPTSD) are caused by experiencing trauma. However, there are some key differences between them.

PTSD

CPTSD

Occurs after a single event



Occurs after prolonged or multiple events

Visual and physical (somatic) flashbacks.



Visual, physical and emotional flashbacks.

Avoid triggers that remind you of the event.



Avoid triggers including situations and people, which can lead to isolation.

Can experience nightmares or disturbed sleep.



Can have nightmares or night terrors. Can have chronic sleep challenges.

Developing anxiety and depression as well as some emotional challenges



Considerable challenges with emotional regulation; abandonment and depression.

May experience dissociation and hypervigilance.



May develop dissociative disorders. Very likely to develop hypervigilance

May experience self blame and impact on self worth.



Significant self perception issues. Blame/guilt/inability to trust self and others