

HANDOUT FOR THE HISPANIC MENTAL HEALTH CONFERENCE 2023

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**AIP model-based Acute Trauma and Ongoing Traumatic Stress
Theoretical Conceptualization.**

<https://tinyurl.com/ydtwn7jy>

ASSYST Treatment Intervention Procedures Explanation.

<https://tinyurl.com/2m9n7e74>

**EMDR Therapy Butterfly Hug Method for Self-Administer Bilateral
Stimulation.**

<https://tinyurl.com/yjzq2wbq>

Butterfly Hug Method for First Responders Self-Care.

<https://tinyurl.com/yemd5ogu>

**EMDR Integrative Group Treatment Protocol for Ongoing
Traumatic Stress (EMDR-IGTP-OTS-R) Overview.**

<https://tinyurl.com/2z578w9v>

**EMDR Protocol for Recent Critical Incidents and Ongoing
Traumatic Stress (EMDR-PRECI) Overview.**

<https://tinyurl.com/2yvjfdym>

**EMDR Protocols and ASSYST Treatment Procedures for Early
Intervention and Prolonged Adverse Experiences Bibliography
References.**

<https://tinyurl.com/2k6gt85z>

How to Prepare and Work in Worst Case Scenarios.

<https://tinyurl.com/ygboej6g>

To know more about our Protocols and Procedures, please visit

<https://tinyurl.com/2xhtmzf3>

CHILD TRAUMA QUESTIONNAIRE (CTQ) – SHORT FORM

These questions ask about some of your experiences growing up as a child and a teenager. For each question, circle (or select in any other way if completing online) the number that best describes how you feel. Although some of these questions are of a personal nature, please try to answer as honestly as you can. Your answers will be kept confidential.

Q	QUESTION	NEVER TRUE	RARELY TRUE	SOMETIMES TRUE	OFTEN TRUE	VERY OFTEN TRUE
When I was growing up						
1	I didn't have enough to eat.	1	2	3	4	5
2	I knew that there was someone to take care of me and protect me.	1	2	3	4	5
3	People in my family called me things like "stupid", "lazy", or "ugly".	1	2	3	4	5
4	My parents were too drunk or high to take care of the family.	1	2	3	4	5
5	There was someone in my family who helped me feel important or special	1	2	3	4	5
When I was growing up						
6	I had to wear dirty clothes	1	2	3	4	5
7	I felt loved.	1	2	3	4	5
8	I thought that my parents wished I had never been born	1	2	3	4	5
9	I got hit so hard by someone in my family that I had to see a doctor or go to the hospital.	1	2	3	4	5
10	There was nothing I wanted to change about my family.	1	2	3	4	5
When I was growing up						
11	People in my family hit me so hard that it left me with bruises or marks.	1	2	3	4	5
12	I was punished with a belt, a board, a cord (or some other hard object).	1	2	3	4	5
13	People in my family looked out for each other.	1	2	3	4	5
14	People in my family said hurtful or insulting things to me.	1	2	3	4	5
15	I believe that I was physically abused.	1	2	3	4	5
When I was growing up						
16	I had the perfect childhood.	1	2	3	4	5
17	I got hit or beaten so badly that it was noticed by someone like a teacher, neighbour, or doctor.	1	2	3	4	5
18	Someone in my family hated me.	1	2	3	4	5
19	People in my family felt close to each other.	1	2	3	4	5
20	Someone tried to touch me in a sexual way or tried to make me touch them.	1	2	3	4	5
When I was growing up						
21	Someone threatened to hurt me or tell lies about me unless I did something sexual with them.	1	2	3	4	5
22	I had the best family in the world.	1	2	3	4	5
23	Someone tried to make me do sexual things or watch sexual things.	1	2	3	4	5
24	Someone molested me (took advantage of me sexually).	1	2	3	4	5
25	I believe that I was emotionally abused.	1	2	3	4	5
When I was growing up						
26	There was someone to take me to the doctor if I needed it	1	2	3	4	5
27	I believe that I was sexually abused.	1	2	3	4	5
28	My family was a source of strength and support.	1	2	3	4	5

Copyright (1995) David P. Bernstein (Bernstein et al., 2003)

Re-designed retaining exact same content as original by Tor Alexander Bruce (2019) for use in academic studies

Childhood Trauma Questionnaire (28 item Short Form) Scoring Instructions
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Instructions: To compute CTQ clinical scale scores, fill in the blanks with item raw scores, then sum the item scores for each scale. All items with an asterisk (*) must be reverse coded before summing: 1=5, 2=4, 3=3, 4=2, 5=1. All clinical scales have a possible range of 5 to 25.

Emotional Abuse	Physical Abuse	Sexual Abuse	Emotional Neglect	Physical Neglect
3. _____	9. _____	20. _____	*5. _____	1. _____
8. _____	11. _____	21. _____	*7. _____	*2. _____
14. _____	12. _____	23. _____	*13. _____	4. _____
18. _____	15. _____	24. _____	*19. _____	6. _____
25. _____	17. _____	27. _____	*28. _____	*26. _____
sum _____	sum _____	sum _____	sum _____	sum _____

To compute the score for the Minimization/Denial validity scale, give one point for each item given a response of “5” (“Very often true”). The Minimization/Denial scale has a possible range of 0 to 3.

Minimization/Denial

10. _____
 16 _____
 22. _____

 sum _____

In addition to dimensional scores, cutoff scores for none-low, low-moderate, moderate-severe, and severe-extreme exposure are provided for each scale. Moderate-severe cutoff scores for each subscale are **>= 13 for Emotional Abuse; >= 10 for Physical Abuse; >= 8 for Sexual Abuse; >= 15 for Emotional Neglect; and >= 10 for Physical Neglect.** Being identified as positive for a category corresponds with endorsing a substantive number of experiences as "often true". Using the cut-off values from the study of Bernstein & Fink, 1998

Bernstein and Fink (1998) established cut-off scores for none, mild, moderate, and severe exposure levels for each type of childhood trauma. Based on the CTQ data, we dichotomized participants into two groups for each of the five categories of abuse and neglect. For each category of abuse, subjects with scores in the none-mild range were classified as negative for exposure and subjects with scores in the moderate-severe range were classified as positive for exposure.

There is also a minimization and denial scale scored either none (0) or possible (1 to 3).

The higher the score is, the greater the severity of abuse for that scale. There are four categories of severity for each trauma type: None (minimal); Low (to Moderate); Moderate (to Severe); and Severe (to Extreme).

The cut-off scores for each scale are as follows:

Level of abuse	Emotional Abuse	Physical Abuse	Sexual Abuse	Emotional Neglect	Physical Neglect
None	8	7	5	9	7
Low	12	9	7	14	9
Moderate	15	12	12	17	12
Sever	16+	13+	13+	18+	13+

CTQ Total score (5-125) (Mean (SE))	33.7 (1.34)
Emotional abuse (5-25) (Mean (SE))	7.7 (.516)
Physical abuse (5-25) (Mean (SE))	6.36 (.259)
Sexual abuse (5-25) (Mean (SE))	5.85 (.373)
Emotional neglect (5-25) (Mean (SE))	7.9 (.479)
Physical neglect (5-25) (Mean (SE))	5.85 (.228)
CTQ Exposures ^b , n (%)	12 (25.5%)
Emotional abuse	8 (17.02%)
Physical abuse	4 (8.51%)
Sexual abuse	3 (6.38%)
Emotional neglect	2 (4.26%)
Physical neglect	2 (4.35%)

As can be seen in the Table, mean CTQ scores across all subjects were in the none-mild range. Nevertheless, a proportion of 25.5% of subjects had experienced at least one type of maltreatment that scored above the cut-off for moderate severe abuse.

Bernstein D., Fink L. (1998). Childhood Trauma Questionnaire. A Retrospective Self-Report Questionnaire and Manual. San Antonio, The Psychological Corporation