

**OUT OF THE STORM:
CAUSES OF COMPLEX PTSD RECORD FORM**

Name:

Date:

Type of Abuse/Trauma	When Experienced (age – from/to)	By Whom?	Treatment Received?
Emotional abuse/neglect (includes ongoing, overt and/or covert abuse)			
Physical abuse			
Sexual abuse			
Other - any form of ongoing abuse/trauma not covered above (e.g., racism; sexism; being homeless, a refugee; living in conflict/war zone) which led to the development of your CPTSD symptoms.			