

A Transdiagnostic Cluster Approach to Child Maltreatment: A New Model for Assessment and Therapy

Child maltreatment (CM) is a global and broadly confirmed risk factor for mental and physical illness, but CM is not routinely assessed in health care. Some psychological treatments including Eye Movement Desensitization and Reprocessing (EMDR) specifically target mental health conditions associated with CM. Another example is the Cognitive Behavioral Analysis System of Psychotherapy (CBASP) focusses on maladaptive interpersonal experiences and behaviors in persistent depressive disorder. However, it is unclear how information about CM should be evaluated, where such information is specifically meaningful and how recalled CM can be included in current approaches of personalizing treatment for people living with mental disorders. This lecture will introduce a novel concept of CM evaluation and its relevance for interpersonal experiences (e.g. loneliness and social isolation), symptoms (e.g. depression and suicidality) and psychological treatment (Goerigk et al. 2024).

Goerigk S, Elsaesser M, Reinhard MA, Kriston L, Härter M, Hautzinger M, Klein JP, McCullough JP Jr, Schramm E, Padberg F. Childhood Trauma Questionnaire-based child maltreatment profiles to predict efficacy of the Cognitive Behavioral Analysis System of Psychotherapy versus non-specific psychotherapy in adults with early-onset chronic depression: cluster analysis of data from a randomised controlled trial; *Lancet Psychiatry*, 2024 Sep;11(9):709-719.