

CPTSD/Trauma Spectrum Disorders

Adopted xx-xx-xxxx

Whereas, Complex Post-Traumatic Stress Disorder (CPTSD) is recognized by the World Health Organization in the ICD-11 as a trauma related disorder resulting from prolonged, repeated, or inescapable traumatic experiences; and

Whereas, individuals living with CPTSD frequently experience the core symptoms of Post-Traumatic Stress Disorder (PTSD), including re-experiencing trauma, avoidance, hypervigilance, and disturbances in mood and cognition, in addition to impairments in emotional regulation, self-concept, and interpersonal functioning; and

Whereas, emerging clinical research on psilocybin assisted therapy demonstrates potential therapeutic benefit for trauma related disorders by promoting emotional processing, psychological flexibility, and reductions in trauma-related distress; and

Whereas, excluding CPTSD from definitions or eligibility criteria related to PTSD may unnecessarily deny access to potentially beneficial treatment for individuals suffering from chronic and severe trauma related conditions; and

Whereas, recognizing CPTSD within the broader definition of PTSD for purposes of psilocybin assisted therapy promotes equitable access to care, reflects contemporary trauma science, and acknowledges the overlapping clinical features of both diagnosis;

Therefore, the Committee recommends the Board's definition of PTSD include CPTSD and chronic trauma spectrum conditions as recognized by qualified licensed healthcare professionals.

References:

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- Fonseka, L. N., & Woo, B. K. (2023). Therapeutic role of psilocybin and 3,4-methylenedioxymethamphetamine in trauma: A literature review. *World Journal of Psychiatry*, 13(5), 182-190. <https://doi.org/10.5498/wjp.v13.i5.182>
- Penberthy, J. K., Wise, F. A., Cherup, N. P., Penberthy, J. M., Mitchell, E., Burns, M., ... & Singer, J. (2026). Psilocybin for Treatment of Prolonged Grief Disorder: An Open-Label Feasibility Study Protocol. *Psychoactives*, 5(2), 12. <https://doi.org/10.3390/psychoactives5020012>