



The Trauma Model

Colin A. Ross, M.D.

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The Trauma Model is the outcome of twenty-one years of work in medicine and psychiatry. Dr. Ross defines the problem of comorbidity as the central conceptual problem in psychiatry, then solves it using the logic and predictions of the Trauma Model. A person with extensive comorbidity suffers from many different psychiatric disorders at the same time. Most individuals requiring inpatient psychiatric treatment fit the profile of the Trauma Model. Dr. Ross also presents a detailed description of Trauma Model therapy, which is suitable for a wide range of addictions, self-destructive behaviors and symptoms. General principles and specific techniques are described and illustrated with dialogue from composite case examples.

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