

# Childhood Trauma and Major Mental Illness – Integration of Psychopharmacology with Psychological Treatments

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## Abstract

Effective treatment of major mental illness in children, adolescents and adults poses a continuing challenge to psychiatry, and unaddressed childhood trauma plays an important role in this challenge. The aim of this communication is based on an earlier paper, is to highlight research that has been carried out on the relationship between childhood maltreatment and major mental illness, and the emphasis placed on treatment of mental illness almost exclusively with pharmacotherapy while paying lip-service to psychological therapies, including dynamic psychotherapy. This is in spite of the Adverse Childhood Experiences (ACE's) Studies of 1998 and 2010, which demonstrate links between childhood trauma and mental illness. I have chosen to use depression as an example because of its common occurrence, increasing morbidity and cost to services globally.

VHFXULW\ VKRXOG LQFUHDVH UHVLOLHQFH DQG LPSURYH PHQWDO KHDOWK  
,QWHUDFWLRQV ZLWK DYDLODELOHQWV DSSRUWLYH DWWDFKPHQW  
HQVH RI VDIHW\ WULJJHU SRVLWLYH HPRWLRQV H J UHOLHI VDWLVIDFWLRQ  
JUDWLWXGH ORYH DQG SURYLGH SV\FKRORJLFDO UHVRXUFHV IRU GHDOLQJ ZLW  
SUREOHPV DQG DGYHUVLWLHV 6L0

6WHYHQVRQ - 0HDUHV 5 \$Q RXWFRPH 0HDXGIVRS HS VFCRHWKHWJLSR QIBO PRGHO DQ R  
SDWLHQWV ZLWK ERUGHUOLQH SHUVRQDOLW\ GLVRUGHU \$P - 3V\FKLDWU\