

#CHAIR2020

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Uncovering Sexual Trauma

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Learning Objective 1

Explore the impact of latent sexual trauma.



Chart Review: Katie



Background

Cailyn is a 26 yo woman who has been your patient for 3 years. She initially presented with anxiety symptoms that were impacting her physically (vomiting) and emotionally (angry outbursts) that were affecting her relationships. She had gained 40 lbs over the past 5 months. She was prescribed escitalopram 20 mg QD and doing well. She maintained a good relationship with her psychologists through weekly visits. She is employed and progressing in her career.

Current Presentation

She presents today stating that she is “spiraling out of control”. Her anxiety is very high, she is not sleeping, and has been drinking heavily and engaging in reckless sexual behavior, sometimes with multiple partners in one night.

Chart Review: Katie



History

During your visit, she states that 8 years ago when she was a freshman in college, she was raped. It was not something she thought a lot about. She had a very active and enjoyable college experience, holding many leadership roles on campus. She returns to college for reunions with friends. No one except a few close friends who were with her that night are aware of the rape. But it seemed like the emergence of the MeToo movement was causing many of these buried feelings to emerge.

Chart Review: Katie



- What is your diagnosis?
- What are your next steps?