Does trauma ever really go away?



Chapter 8 Trauma and Stressor-Related Disorders



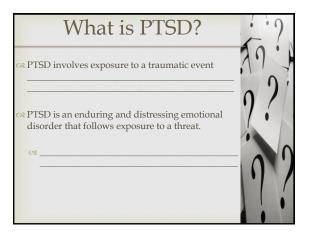


Represented by the exposure to these types of events can result in the development of a trauma or stressor-related disorder.

Is Trauma Common?

© Yes...more than ______ of people experience a traumatic event in their lives

GR Men more often encounter traumatic experiences, women are about twice as likely to develop PTSD.



Symptoms of PTSD

The first set of symptoms involves re-experiencing of the trauma in some way.

© When memories occur suddenly the survivors actually relive the event, known as a ______

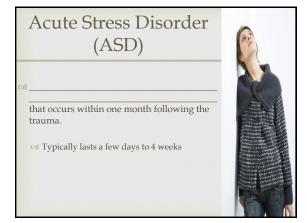
Symptoms of PTSD

^{CR}The second set of symptoms involves avoidance of places or people that remind you of the trauma.

Defining PTSD

C3
The third set of symptoms involve features of ______
C4
People with PTSD are often over- aroused, displaying

- Feelings of guilt, difficulties with sleep, self-medication, and bouts of depression are also common.





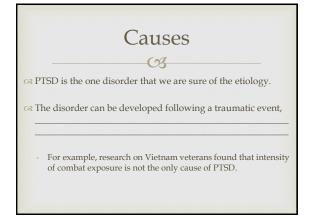
Secondary Trauma

Secondary (or vicarious) trauma can occur in those who experience the traumatic event through

Schlenger (2002) reported that indirect exposure to the September 11th disaster via the intense media coverage on T.V on and after 9/11 was significantly associated with probable PTSD.

- People who did not even live near the attacks





Approximately, 67% of POW's who endured torture and long term deprivation developed PTSD (Foy, 1987).



How can we explain it?

Just like other disorders, we bring our own generalized biological and psychological vulnerabilities with us.

Qur social network is also a factor in causation. People who have positive coping strategies and a strong support network have less chance of developing PTSD.

Finding a sense of purpose or meaning to the trauma may increase the person's ability to cope with the stress and decrease the chances of developing PTSD

> "When we are no longer able to change a situation, we are challenged to change ourselves."

CB-

Treating PTSD

R Most clinicians agree that people with PTSD should face

- Imaginal Exposure
- (VR) Virtual Reality Therapy



Treatment Options

Studies have shown the benefit of Cognitive Behavioral Therapy (CBT), group therapy, and exposure therapy.

CR These therapies involve the gradual and repeated reexperience of the trauma under controlled conditions.

The Sooner the Better!

- CB

Evidence suggests that early intervention is effective in treating PTSD. Delivering these interventions as soon after the trauma as possible in those that require help are useful in preventing the development of PTSD (Bryant et al., 2003).

Reactive Attachment Disorder

A disorder involving a severe disturbance in the ability to relate to others.

R These children are emotionally withdrawn and inhibited and

When distressed, they do not seek comfort

Reactive Attachment Disorder

↔ The essential feature of this disorder is the grossly underdeveloped attachment between child and care-giver.

CB

R This disorder is found in young children exposed to

- It manifests between the ages of _

Disinhibited Social Engagement Disorder

Diagnosis given to children who engage in culturally inappropriate, overly



Their behavior violates social norms and is associated with children who have experienced _____



What's Next?

R Depressive and Bipolar Disorders