



Trauma

™ These types of events can cause Post traumatic Stress Disorder (PTSD).





Is Trauma Common?

Yes...more than two-thirds of people experience a traumatic event in their lives



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

What is PTSD? PTSD involves exposure to a traumatic event during which one PTSD is an enduring and distressing emotional disorder that follows exposure to a threat. This threat causes feelings of severe	
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 The second set of symptoms involves avoidance of places or people that remind you of the trauma.	

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<u>Defining PTSD</u>

The third set of symptoms involve features of dysfunctional *emotional response*.

(on edge), easily startled, irritable and easily angered.

 Feelings of guilt, difficulties with sleep, selfmedication, and bouts of depression are also common.



There are two types of PTSD:

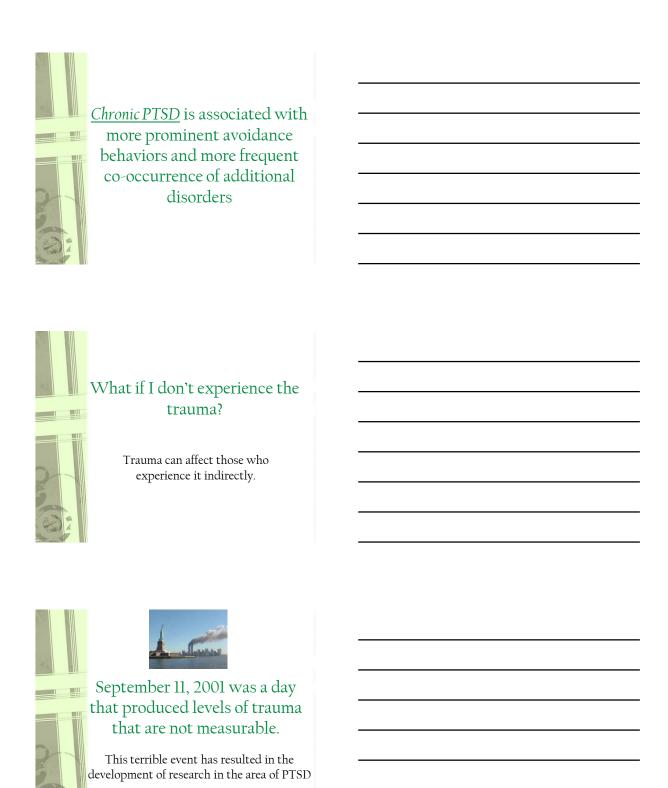
-Chronic PTSD -Acute Stress Disorder



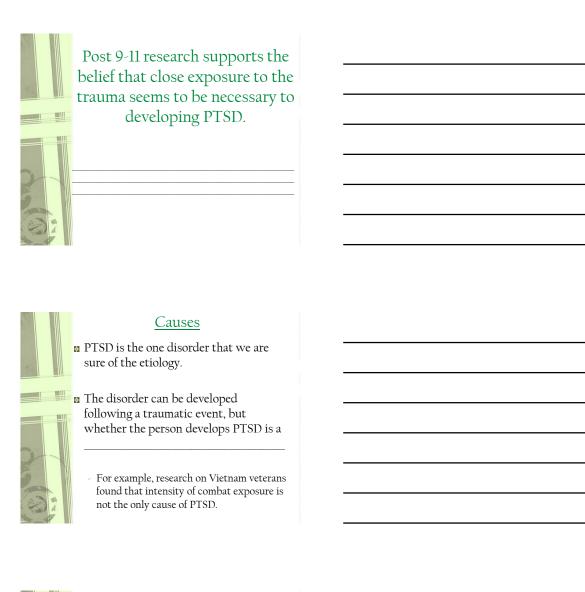
Acute Stress Disorder (ASD)

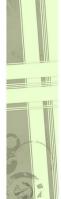
and maladaptive behavior within the month following a trauma.

("feeling in a fog")



Think about September 11th	
Secondary Trauma Schlenger (2002) reported that indirect exposure to the September Ilth disaster via the intense media coverage on T.V on and after 9/Il was significantly associated with probable PTSD. People who did not even live near the attacks This is also observed in occupational roles, such as therapists and counselors.	
High incidences of PTSD after Trauma Kilpatrick et al. (1985) sampled 2000 adult women who had personally experienced trauma Researchers found that rape had the most significant emotional impact- with 32% meeting criteria for PTSD (Resnick et al., 1993).	





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

Which means 33% did not...

WHY?



	How can we explain it?	
	■ Just like other disorders, we bring our own generalized biological and psychological vulnerabilities with us.	
	□ Our	
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	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	
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	"When we are no longer able to change a situation - we are challenged to change ourselves."	
	(Viktor Frankl)	
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	Treating PTSD	
F	Most clinicians agree that people with	
	PTSD should face the original trauma to develop	
3	Imaginal Exposure and (VR) Virtual Reality	
	Therapy	
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Treatment Options Studies have shown the benefit of Cognitive Behavioral Therapy (CBT), group therapy, and exposure therapy. These therapies involve the gradual and repeated re-experience of the trauma under controlled conditions.	
The Sooner the Better! 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).	
What's Next? Obsessive-Compulsive Disorder	