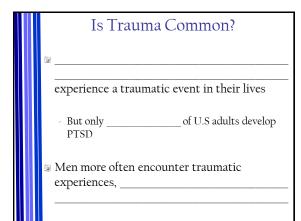


#### Trauma

- Physical assault
- Violence
- Car accidents
- Natural catastrophes
- Death of a loved one
- These types of events can cause Post traumatic Stress Disorder (PTSD).





#### What is PTSD?

- PTSD involves exposure to a traumatic event during which one feels \_\_\_\_\_\_
- PTSD is an enduring and distressing emotional disorder that follows exposure to a threat.

#### Symptoms of PTSD

The first set of symptoms involves

in some way.

Intrusive memories and nightmares are common

When memories occur suddenly the survivors \_\_\_\_\_\_

#### Symptoms of PTSD

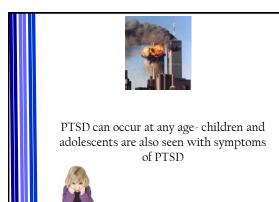
The second set of symptoms involves <u>avoidance</u> of places or people that remind you of the trauma.

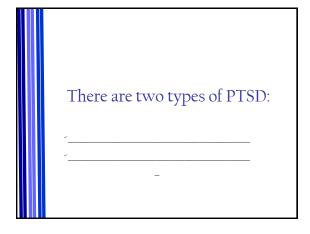
which often causes problems in interpersonal relationships

#### Defining PTSD

- The third set of symptoms involve features of
- People with PTSD are often over- aroused, displaying hypervigilance (on edge), easily\_\_\_\_\_\_

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





#### <u>PTSD</u>

■ <u>Acute PTSD</u> can be diagnosed after \_\_\_\_\_\_post-trauma and

Chronic PTSD after

 Acute Stress Disorder (ASD) involves more dissociation ("\_\_\_\_\_") and maladaptive behavior in the month following a trauma.

<u>Chronic PTSD</u> is associated with more prominent avoidance behaviors and more frequent co-occurrence of additional disorders

# What if I don't experience the trauma?

Trauma can affect those who experience it \_\_\_\_\_

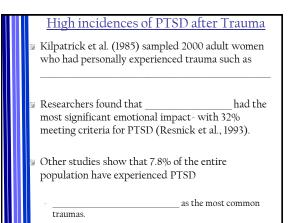
## True or False?

Exposure to combat is the most common trauma linked to PTSD.

#### Secondary Trauma

\_\_\_\_\_\_trauma can occur in those who experience the traumatic event through a first-hand account or narrative.

- Schlenger (2002) reported that <u>indirect exposure</u> to the September 11<sup>th</sup> 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
- This is also observed in occupational roles, such as



Post 9-11 research supports the belief that close exposure to the trauma seems to be necessary to developing PTSD.

The percentage of people who would meet criteria for PTSD was higher in NYC (11.2%) than in other major cities (2-3%)

(Galea et al., 2002).

#### Proximity??

Additionally, the percentage of people with PTSD in NYC was higher among people who lived closer to ground zero (20%) than those who lived south of 100<sup>th</sup> St. (7%).

There are still questions...some people can experience a horrifying trauma and emerge psychologically healthy, while others can experience a mild traumatic event and produce a bull-blown psychological disorder.

#### <u>Causes</u>

PTSD is the one disorder that we are sure of the etiology. The disorder can be developed following a traumatic event, but whether the person develops PTSD is a complex, multifactorial issue.

For example, research on Vietnam veterans found that intensity of combat exposure is not the only cause of PTSD.

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

> Which means 33% did not... WHY?

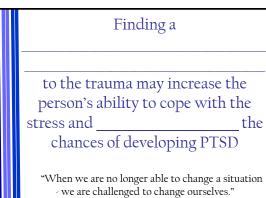
#### How can we explain it?

Just like other disorders, we bring our own

The greater the vulnerability, the more likely you are to develop PTSD

🧉 Our

People who have positive coping strategies and a strong support network have less chance of developing PTSD.



(Viktor Frankl)

#### Is this treatable?

- Most clinicians agree that people with PTSD should face the original trauma to develop effective coping procedures to overcome the disorder.
- "You want the person to relive the experience and process the memories. If they can't access their memories then they really can't process it and get better" (Difede, 2004)

### Treating PTSD

Unlike treating a phobia, it is often difficult to recreate the event and few therapists are willing to try.

## Treatment Options

- Studies have shown the benefit of Cognitive Behavioral Therapy (CBT), <u>group therapy</u>, and <u>exposure therapy</u>.
- These therapies involve the gradual and repeated re-experience of the trauma under controlled conditions.

## The Sooner the Better!

Evidence suggests that \_\_\_\_\_

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).

## Next Class...

Obsessive-Compulsive Disorder