


# Does trauma ever really go away?

Chapter 8  
Trauma and Stressor-Related Disorders



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# What is a Traumatic Event?



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# Trauma

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- Violence
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- Natural catastrophes
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Exposure to these types of events can result in the development of a trauma or stressor-related disorder.

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## Is Trauma Common?



☞ Yes...more than \_\_\_\_\_ of people experience a traumatic event in their lives

- \_\_\_\_\_

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

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## What is PTSD?

☞ PTSD involves exposure to a traumatic event

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☞ PTSD is an enduring and distressing emotional disorder that follows exposure to a threat.

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## 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 \_\_\_\_\_

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## Symptoms of PTSD



☞ The second set of symptoms involves avoidance of places or people that remind you of the trauma.

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## Defining PTSD



☞ The third set of symptoms involve features of \_\_\_\_\_

\_\_\_\_\_

☞ People with PTSD are often over- aroused, displaying

\_\_\_\_\_  
\_\_\_\_\_

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

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## Acute Stress Disorder (ASD)

☞ \_\_\_\_\_

that occurs within one month following the trauma.


☞ Typically lasts a few days to 4 weeks



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What if I don't experience the trauma?


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### Secondary Trauma

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

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- ☞ 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
- ☞
 

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### Causes

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- ☞ PTSD is the one disorder that we are sure of the etiology.
- ☞ The disorder can be developed following a traumatic event,
 

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

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



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## How can we explain it?



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

Our 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.

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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."

(Viktor Frankl)

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## Treating PTSD



☞ Most clinicians agree that people with PTSD should face

- Imaginal Exposure
- (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.

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## 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).

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## Reactive Attachment Disorder



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

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☞ These children are emotionally withdrawn and inhibited and

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- When distressed, they do not seek comfort

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## Reactive Attachment Disorder



☞ The essential feature of this disorder is the grossly under-developed attachment between child and care-giver.

☞ This disorder is found in young children exposed to

\_\_\_\_\_

- It manifests between the ages of \_\_\_\_\_

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## Disinhibited Social Engagement Disorder

☞ Diagnosis given to children who engage in culturally inappropriate, overly

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☞ Their behavior violates social norms and is associated with children who have experienced \_\_\_\_\_



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# What's Next?



Depressive and Bipolar Disorders

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