

# PTSD...does trauma ever really go away?

Ch.4- Anxiety Disorders



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# What is a Traumatic Event?

What do you think trauma feels like, emotionally??



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# Trauma

- \_\_\_\_\_
- Violence
- \_\_\_\_\_
- Natural catastrophes
- Death of a loved one

☒ These types of events can cause \_\_\_\_\_

(PTSD).



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### Is Trauma Common?

- ❑ \_\_\_\_\_ of people experience a traumatic event in their lives
  - But only 8% of U.S adults develop PTSD
- ❑ Men more often encounter traumatic experiences, \_\_\_\_\_

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### 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.
  - This threat causes feelings of severe \_\_\_\_\_

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### Symptoms of PTSD

- ❑ The first set of symptoms involves \_\_\_\_\_ of the trauma in some way.
  - Intrusive memories and nightmares are common
- ❑ 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 hypervigilance (on edge), easily startled, irritable and easily angered.

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PTSD can occur at any age-  
children and adolescents are also  
seen with symptoms of PTSD

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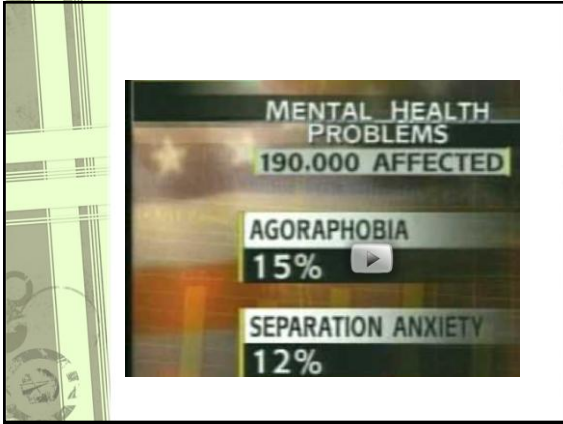
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There are two types of PTSD:

- Chronic PTSD
- Acute PTSD

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PTSD

■ Acute PTSD can be diagnosed after only 1 month post-trauma and Chronic PTSD after \_\_\_\_\_.

- \_\_\_\_\_ (ASD) involves more \_\_\_\_\_ ("feeling in a fog") and maladaptive behavior in the month following a trauma.

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*Chronic PTSD* is associated with

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and more frequent co-occurrence of additional disorders

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What if I don't experience the trauma?

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True or False?

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

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September 11, 2001 was a day that produced levels of trauma that are not measurable.

This terrible event has resulted in the development of research in the area of PTSD

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Think about September 11th

What did most Americans do during the first few days after the World Trade Center fell that could influence the development of PTSD or trauma vicariously?

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### Secondary Trauma

- ❑ Secondary \_\_\_\_\_ trauma can occur in those who experience the traumatic event through a first-hand account or narrative.
- ❑ Schlenger (2002) reported that indirect exposure to the September 11<sup>th</sup> disaster via the \_\_\_\_\_
  - People who did not even live near the attacks
- ❑ This is also observed in occupational roles, such as therapists and counselors.

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### High incidences of PTSD after Trauma

⌘ Kilpatrick et al. (1985) sampled 2000 adult women who had personally experienced trauma such as rape, sexual molestation, robbery and assault.

with 32% meeting criteria for PTSD (Resnick et al., 1993).

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Other studies show that \_\_\_\_\_% of the entire population have experienced PTSD

Combat and sexual assault as the most common traumas.

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Post 9-11 research supports the belief that \_\_\_\_\_ 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%)

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### Does Proximity Matter?

- ▣ 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 full-blown psychological disorder.

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### Causes

- ▣ 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, multi-factorial issue.
  - 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).

Which means 33% did not...

WHY?




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### Treating PTSD

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

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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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What's Next?

■ Obsessive-Compulsive Disorder

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