PTSD...does trauma ever really go away?

Ch. 4 - Anxiety Disorders

What is a Traumatic Event?

What do you think trauma feels like, emotionally??

Trauma

- Violence
- Natural catastrophes
- Death of a loved one

These types of events can cause (PTSD).
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,

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

Symptoms of PTSD

- The first set of symptoms involves
- Intrusive memories and nightmares are common
- 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.

- From people develops, 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 startled, irritable and easily angered.

- PTSD can occur at any age—children and adolescents are also seen with symptoms of PTSD.
There are two types of PTSD:

- Chronic PTSD
- Acute PTSD

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.
Chronic PTSD is associated with

and more frequent co-occurrence of additional disorders

What if I don’t experience the trauma?

True or False?

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

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?

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 11th disaster via the

- 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 such as rape, sexual molestation, robbery and assault.

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

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

Combat and sexual assault as the most common traumas.

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%)
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 100th 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.

**Does Proximity Matter?**

**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.

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.
  - The greater______________________________________________________________
  - Our____________________________________

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

Finding a sense of______________________________________________________________

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)

Is this treatable?

- Most clinicians agree that people with PTSD should face the original trauma to develop______________________________________________________________

  “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.

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