

PTSD...does trauma ever really go away?

Ch.5
Anxiety Disorders



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.

- _____

Defining PTSD

☛ 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, self-medication, 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”)



Chronic PTSD 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 indirectly.



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

Secondary Trauma

❏ _____

❏ 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

❏ 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).



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

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
 - 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.

- ❖ Our _____

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

“When we are no longer able to change a situation - we are challenged to change ourselves.”
([Viktor Frankl](#))

Treating PTSD

- ❖ Most clinicians agree that people with PTSD should face the original trauma to develop _____

- Imaginal Exposure and (VR) Virtual Reality Therapy

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
