



PTSD...does trauma ever really go away?

Anxiety Disorders
Chapter 5

What is a Traumatic Event?

What do you think trauma *feels* like, emotionally??





Trauma

Exposure to these types of events can result in the development of 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 feels _____

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



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,



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

- People with PTSD are often over- aroused, displaying

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

Acute Stress Disorder (ASD)

Similar symptoms to PTSD with more

that occurs within one month following the trauma.

Typically lasts a few days to 4 weeks



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



Secondary Trauma

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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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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%)

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

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

How can we explain it?

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

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

and a strong support network have less chance of developing PTSD.

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 effective coping procedures to overcome the disorder

- Imaginal Exposure
- (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
