

PTSD...does trauma ever really go away?



Ch.4 Anxiety Disorders

Trauma

- Physical assault
- Violence
- Car accidents
- Natural catastrophes
- Death of a loved one



These types of events can cause Post traumatic Stress Disorder (PTSD).



Is Trauma Common?

_____ experience a traumatic event in their lives

- But only _____ 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.

- _____

Symptoms of PTSD

The first set of symptoms involves _____ in some way.

- Intrusive memories and nightmares are common

When memories occur suddenly the survivors _____

Symptoms of PTSD

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

- _____

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



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



There are two types of PTSD:

- ✓ _____
- ✓ _____

PTSD

☐ Acute PTSD can be diagnosed after _____ post-trauma and Chronic PTSD after _____

- Acute Stress Disorder (ASD) involves more dissociation (“_____”) and maladaptive behavior in the month following a trauma.

☐ 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 _____

True or False?

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

Secondary Trauma

- ☐ _____ 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 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 _____

High incidences of PTSD after Trauma

- ☐ Kilpatrick et al. (1985) sampled 2000 adult women who had personally experienced trauma such as _____
- ☐ Researchers found that _____ had the most significant emotional impact- with 32% meeting criteria for PTSD (Resnick et al., 1993).
- ☐ Other studies show that 7.8% of the entire population have experienced PTSD
 - _____ as the most common traumas.

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%)

(Galea et al., 2002).

Proximity??

- ☐ 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 bull-blown psychological disorder.

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

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

☐ Our _____

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

Finding a

to the trauma may increase the person's ability to cope with the stress and _____ 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 effective coping procedures to overcome the disorder.

☐ “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.

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 _____
_____ 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).

Next Class...

Obsessive-Compulsive Disorder
