

PTSD...does trauma ever really go away?



Ch.4- Anxiety Disorders

What is a Traumatic Event?



Trauma

- _____
- Violence
- _____
- Natural catastrophes
- _____

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

- This _____

Symptoms of PTSD

The first set of symptoms involves _____ the trauma in some way.

- Intrusive memories and nightmares are common

When memories occur suddenly the survivors actually _____, known as a _____

Symptoms of PTSD

The second set of symptoms involves _____

- Emotional numbness and isolating from people develops, which often causes problems in interpersonal relationships

Defining PTSD

- ☐ The third set of symptoms emotional response.
- ☐ People with PTSD are often over- aroused,

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



PTSD

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 _____ post-trauma and Chronic PTSD after _____.

☐ Chronic PTSD is associated with more _____ and more frequent co-occurrence of additional disorders

- _____

What if I don't experience the trauma?

Secondary Trauma

☐ _____ can occur in those who experience the traumatic event through a first-hand account or narrative.

☐ Schlenger (2002) reported that _____ 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 rape, sexual molestation, robbery and assault.
- _____
_____ 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 _____ 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 _____ (20%) than those who lived south of 100th St. (7%).
- _____
- _____
- _____

Causes

PTSD _____

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, ___% of POW's who endured torture and long term deprivation developed PTSD (Foy, 1987).

Which means 33% did not...

How can we explain it?

We bring our own generalized biological and psychological vulnerabilities with us.

Our _____ is also a factor in causation. People who have positive coping strategies and a strong support network have less chance of developing PTSD.

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.

- Imaginal Exposure and (VR) Virtual Reality Therapy

Treatment Options

Studies have shown the benefit of Cognitive Behavioral Therapy (CBT), *group therapy*, and *exposure therapy*.

The Sooner the Better!

- Evidence suggests that _____ 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).

Next Class...

- Obsessive-Compulsive Disorder
