



What Is Posttraumatic Stress Disorder (PTSD)?	Common Causes of PTSD	Diagnosis
<ul style="list-style-type: none"> Disorder that may occur in people who have experienced, or witnessed, a traumatic event Characterized by memories taking over the present moment, making client re-experience the fear and arousal even after the event has ended Can be acute or chronic; interferes with ADLs 	<ul style="list-style-type: none"> Sexual violence Interpersonal experiences (death of loved one, life-threatening illness of child) Violence, assault, or combat Mass conflict or displacement Other life-threatening events (medical events, accidents, natural disasters) Childhood trauma 	<p>Diagnosis can be made in clients ≥ 6 years old that meet the DSM-5-TR criteria*:</p> <ul style="list-style-type: none"> Exposure to actual or threatened death, serious injury, or sexual violence At least 1 re-experiencing symptom At least 1 avoidance symptom At least 2 arousal and reactivity symptoms At least 2 cognition and mood symptoms <p>* <i>The DSM-5-TR expands on the criteria for each category.</i></p>
Epidemiology	High-Risk Populations	
7–8 out of 100 people will experience PTSD at some point in their life.	War veterans, children, assault and abuse survivors, those who have experienced accidents, disaster, mass conflict or displacement	

Signs and Symptoms



- Nightmares
- Insomnia



Panic attacks



Substance abuse



Cognitive delays in children



- Intrusive thoughts or memories
- Flashbacks



Feelings of guilt, worthlessness, dread



Avoidance of reminders of event



Changes in arousal, reactivity



- Dissociation
- Numbness
- Flat affect when discussing events

Triggers

- Anything that may remind a client of what happened right before or during the trauma
- Usually tied to senses
- Can be places, sounds, tastes, scents, situations, or anniversaries that remind client of the traumatic event
- Triggers can lead to exhibition of, or worsening, signs and symptoms.

Positive Coping Strategies	Types of Therapy	Medications
<ul style="list-style-type: none"> Relaxation techniques Learning about trauma and PTSD Support groups Understanding triggers Professional support Animal assisted therapy Mindfulness 	<ul style="list-style-type: none"> Cognitive behavioral and cognitive therapy Eye movement desensitization and reprocessing (EMDR) Sensorimotor psychotherapy Group or family therapy Prolonged exposure therapy 	<ul style="list-style-type: none"> SSRIs Other antidepressants Beta blockers Mood stabilizers Anti-psychotics Benzodiazepines Alternative/complementary therapies

NOTES

