

Posttraumatic Stress Disorder (PTSD)

Presenter:

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Posttraumatic Stress Disorder (PTSD)

Exposure to a traumatic event threatening death or serious injury to self or others. Response of intense fear, helplessness, or horror.



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Posttraumatic Stress Disorder (PTSD)

- Re-experiences event through dreams, flashbacks



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Posttraumatic Stress Disorder (PTSD)

- Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness.



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Posttraumatic Stress Disorder (PTSD)

- Persistent symptoms of increased arousal such as irritability, hyper vigilance, difficulty concentrating.



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Trauma and PTSD

- Why are some people at higher risk of developing problems?



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PTSD Prevalence

- **8 % of Adults in US**
- **One-third to one-half of**
- **those exposed to:**
 - **Rape,**
 - **Military combat**
 - **Captivity, internment and**
 - **Genocide**



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Phases of Grief

- Avoidance: shock, denial, disbelief
- Confrontation: repeatedly learn that loss is real and reactions are felt most intensely
- Reestablishment: gradual decline of acute grief and beginning of an emotional and social reentry into the everyday world.



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Trauma and PTSD

What are complicating factors?



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Factors to Consider

Type of Stress/ Trauma

The current functioning of the person/
survivor

The coping strategies learned to use in
managing previous stress/ losses

The availability and nature of support



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Childhood Traumatic Grief (CTG)

Children losing loved ones under traumatic circumstances develop trauma symptoms that impinge on their ability to negotiate the normal grieving process.

Traumatic circumstances can be horrifying events or any event the child experiences as unexpected, shocking, and /or terrifying..



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Behavioral Problems

Internalizing: depression, anxiety,
withdrawal, school failure

Externalizing: aggression,
destructiveness and disruptiveness



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Trauma /Substance Abuse

Trauma/ Abuse Survivors may use drugs/ alcohol:

- earlier than children who are not abused
- to enhance emotional numbing
- To provide psychological permission to express sexuality and rage



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Trauma /Substance Abuse

While most children and adolescents use chemicals to get high, survivors use them to get by.



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PTSD

Treatment Options

- 1) Support and Advocacy
- 2) Therapy – Individual, Group, and Family



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Surviving or Thriving

The way we were treated as small children is the way we treat ourselves the rest of our life..

Alice Miller



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Since 1979, FYI has provided a variety of programs to the community. These programs cover the spectrum from prevention and education to intervention. FYI is the major provider of social services for youth and their families in the Las Cruces area. Call 522-4004 for more information



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The Road to Success

Growing from adolescence to adulthood is like traveling a long winding road, filled with potholes and other obstacles. The youth we will be serving have experienced more obstacles in their paths than have others.

They need additional assistance in better navigating the road or finding a better road...

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