

POST TRAUMATIC STRESS DISORDER

Cameron Markel (PTSD)

What is PTSD?

PTSD is a mental health condition caused by experiencing or witnessing a traumatic event, leading to symptoms like flashbacks, anxiety, and avoidance.

Main PTSD Symptoms

1. Intrusive thoughts or flashbacks about the traumatic event.
2. Avoiding reminders of the trauma.
3. Feeling constantly on edge, easily startled, or having trouble sleeping.
4. Persistent negative emotions, self-blame, or loss of interest in activities.
5. Strong emotional reactions triggered by reminders of the trauma.
6. Difficulty concentrating, memory problems, or feeling detached from others.
7. Physical symptoms like headaches or stomachaches.



Types of Treatments

Cognitive Behavioral Therapy (CBT)

THERAPY THAT CAN HELP BY ALTERING ONE'S THINKING, RESULTING IN BETTER BEHAVIOUR AND EMOTION REGULATION. TYPICALLY TAKES 16 SESSIONS AND CAN BE COMPLETED EITHER SOLO OR IN A GROUP.



Eye Movement Desensitization and Reprocessing therapy (EMDR)

BRIEF ECLECTIC PSYCHOTHERAPY IS A STYLE OF THERAPY THAT COMBINES COGNITIVE-BEHAVIORAL AND PSYCHODYNAMIC APPROACHES. IT TRIES TO CHANGE FEELINGS OF SHAME AND GUILT, INTO MORE POSITIVE EMOTIONS.

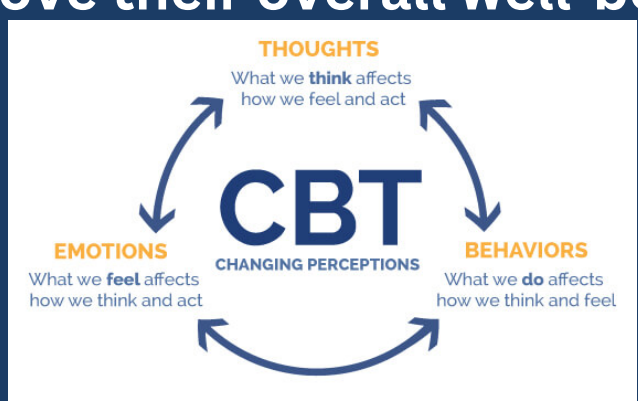


Medication

THESE MEDICATIONS (SERTRALINE, PAROXETINE, FLUOXETINE, AND VENLAFAXINE) TREAT PTSD BY INCREASING BRAIN CHEMICALS THAT CONTROL MOOD AND EMOTIONS. THESE CAN HELP WITH MULTIPLE SYMPTOMS OF PTSD. MEDICATION IS NOT A PRIMARY FORM OF THERAPY, AND TYPICALLY USED AS A SECONDARY FORM OF ASSISTANCE

Why CBT?

CBT works for PTSD treatment by challenging negative thoughts, gradually exposing people to trauma-related triggers, teaching coping skills, and creating a positive relationship. This can help individuals process trauma, reduce symptoms, and improve their overall well-being.



Cites

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