

Post Traumatic Stress Disorder

Symptoms, Assessment and Treatment

With Carol Langdon,
M.A. , LMFT , BCETS

The BIG T

- Acute single episode
 - Examples
 - The Oklahoma City Bombing
 - Terrorist attack on the Twin Towers on 9/11
 - Hurricanes
 - Asian Tsunami
 - Rape
 - Robbery
 - Military combat
 - Torture

The Little T

- On the little T the trauma is:
 - Complex
 - Ongoing
 - Longstanding
 - Exposure is repeated
 - Greater chance of integrating into personality
 - Stored as malignant memory

The Little T

- Examples of the little T trauma are those chronic or repetitive experiences, such as:
 - Child Abuse
 - Neglect
 - Domestic or Community Violence
 - Medically Invasive Procedures
 - Loss of significant other through death or divorce

Traumatic Event Defined

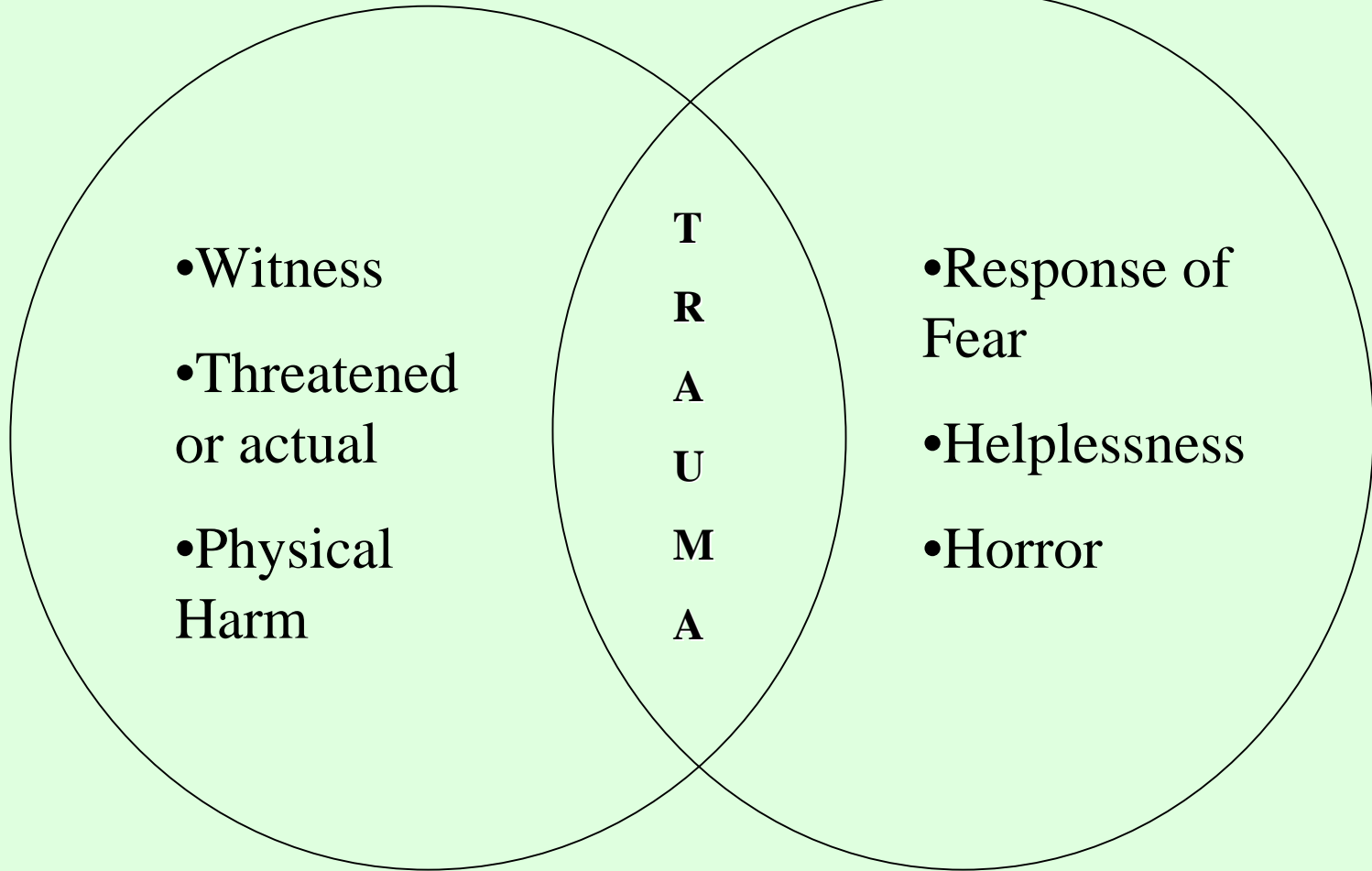
A traumatic event is defined as one in which the person experienced or witnessed an event that “involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others and which involved intense fear, helplessness or horror”

Aspects of a Traumatic Experience

- Objective Aspect
 - Observable
 - Measurable by others
 - How an event looks from the outside
- Subjective Aspect
 - Involves the individual's inner experience
 - How the event feels on the inside

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The two aspects of a Traumatic Experience

- Objective Aspect
 - It is observable
 - It is measurable by others
- Subjective Aspect
 - It involves the individual's inner experience (How the person feels inside)
 - The subjective experience of the event constitutes the trauma
 - The more one believes they are endangered, the higher the potential for traumatization
 - There may or may not be bodily injury
 - Psychological trauma coupled with physiological upheaval leads to long term effects

PTSD Statistics

- Rape
 - This is the largest group of people with post-traumatic stress disorder in the country. A national survey of 4000 women found that 1 in 8 reported being the victim of a forcible rape. Nearly half had been raped more than once. Nearly 1/3 was younger than 11 and over 60% were under 18. Diana Russell's research showed that women with a history of incest were at significantly higher risk for rape in later life (68% incest history vs. 38% no incest)

PTSD Statistics

- Domestic Violence
 - Recent studies show that between 21% and 34% of women will be assaulted by an intimate male partner. Deborah Rose's study found that 20-30% of adults in the U.S. approved of hitting a spouse.

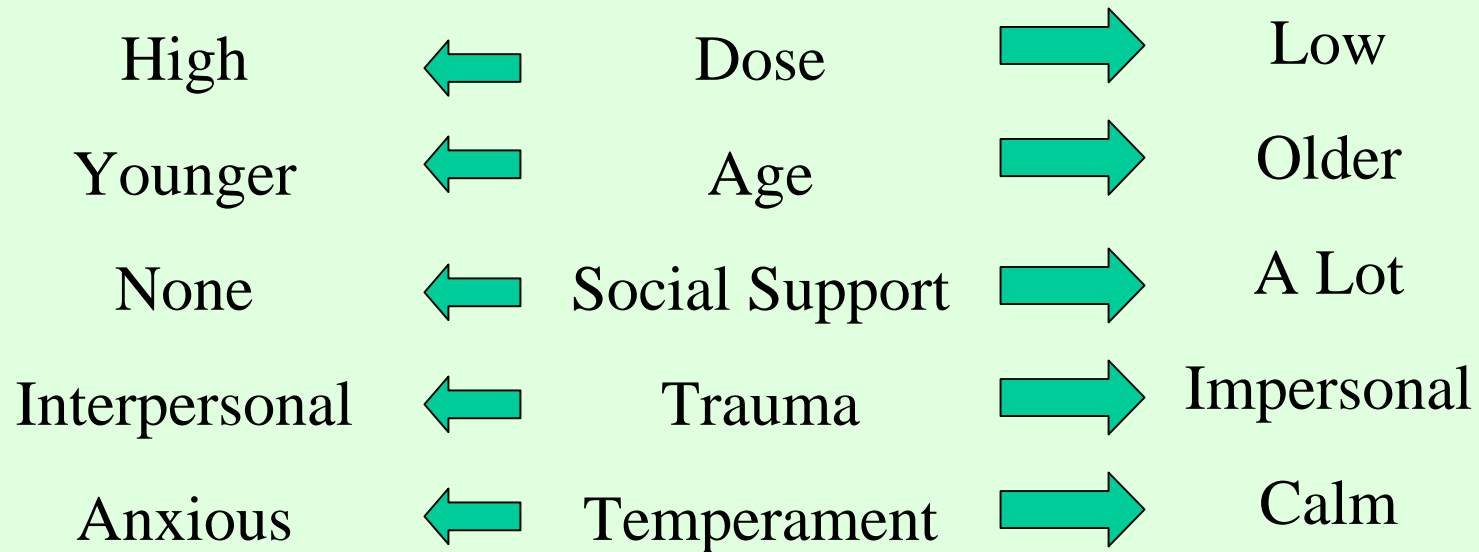
PTSD Statistics

- Child Abuse
 - The scope of childhood trauma is staggering. Everyday children are beaten, burned, slapped, whipped, thrown, shaken, kicked and raped. According to Dr. Bruce Perry, a conservative estimate of children at risk for PTSD exceeds 15 million.

PTSD Statistics

- Sexual Abuse
 - According to Dr. Frank Putman of NIMH, at least 40% of all psychiatric inpatients have histories of sexual abuse in childhood. Sexual abuse doesn't occur in a vacuum: is most often accompanied by other forms of stress and trauma-generally within a family.

The Dose-Response Effect



**Most likely to develop
Psychiatric Disorder**

**Less likely to develop
Psychiatric Disorder**

Facts about post traumatic stress Disorder

- Post Traumatic Stress Disorder (PTSD) is an extremely debilitating condition that can occur after exposure to a terrifying event or ordeal in which physical harm was threaten, perceived or occurred.
- Traumatic events can that can trigger PTSD include:
 - Violent Personal Assaults
 - Rape
 - Mugging
 - Car Accidents
 - Military Combat
 - Natural or man-made disasters

Facts about post traumatic stress Disorder

- How common is PTSD?
 - One study shows that 7.8% of the population in the U.S. will experience symptoms of PTSD
- When does PTSD Strike?
 - May develop at any age, including childhood
 - Symptoms begin within three months following trauma
 - In some cases symptoms don't begin until years later

Facts about post traumatic stress Disorder

- What treatments are available for PTSD?
 - Treatment for PTSD include:
 - Cognitive Behavioral Therapy
 - Group Psychotherapy
 - Medication
 - EMDR and other systemic desensitization therapy
- Can people with PTSD also have other physical or emotional illnesses?
 - Yes, particularly:
 - Depression
 - Substance abuse
 - Anxiety
 - Panic Disorder
- Treatment success is increased when these other conditions are appropriately diagnosed and treated , as well

PTSD Symptoms

- A persistent intrusion of nightmares, irrational thoughts or memories
- May dissociate and lose large amounts of time and re-experience the traumatic event
- A trigger that partially recreates the abusive scene can come through smells, physical appearances or places

PTSD Symptoms

- Intense shutdown of emotions may cause:
 - Attacks against loved ones
 - Vengeful behavior
 - Loss of interest in activities
 - Panic attacks
 - Physical complaints (I.e. P.M.S., Migraines, Intestinal distress)
 - Muscle/body pain with or without medical evidence
 - Highly agitated behavior
 - Aggressive/violent behavior
 - Poor impulse control
 - Compulsive behaviors
 - Inability to engage in healthy sexual relations
 - Increased stress on holidays or anniversary dates

MODEL OF TRAUMA PROCESS

<p style="text-align: center;">D I S S O C I A T I V E B A R R I E R</p>	<p style="text-align: center;">V I S U A L M E M O R Y</p>	<p style="text-align: center;">A M N E S T I C B A R R I E R</p>	<p style="text-align: center;">C O G N I T I V E M E M O R Y</p>	<p style="text-align: center;">A F F E C T I V E M E M O R Y</p>	<p style="text-align: center;">P H Y S I O L O G I C A L M E M O R Y</p>	<p style="text-align: center;">B O D Y M E M O R Y</p>	<p style="text-align: center;">P S Y C H I C M E M O R Y D R E A M S</p>	<p style="text-align: center;">FRAGMENTS</p>
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Traumatic experiences = Whole Body Suffering

- Trauma sets in motion a biochemical chain of events that can result in chronic pain and numerous medical problems.
Neurophysiology of survival wiring produces a biochemical blast throughout the entire system.
- Biological driven responses to perceived danger, fight or flight, launches a biochemical cascade of stress hormones needed to ensure survival

Traumatic experiences = Whole Body Suffering

- The Freeze Response
 - The immobility response/dissociate
 - Exacerbates problem for those that go on to develop PTSD
 - Cycling back and forth results in a sustained, high-level alarm state which produces
 - Excitability
 - Supersensitivity
 - Health related complaints
 - Chronic fatigue
 - IBS

Traumatic experiences = Whole Body Suffering

- The Emotional Effects of Trauma
 - The survivor is continually buffeted by terror and rage
 - Oscillates between intense feelings then numbness and internal deadness
 - Immeasurable sorrow and deep grief
 - Shattered dreams
 - Intrusive memories
 - Flashbacks
 - Freezing with fright
 - Fear of insanity
 - Guilt, shame, helplessness, loneliness, alienation

The Behavioral Effects of Trauma

- Avoidance and Isolation
 - Intense shame of doing everyday “normal” activities for fear of triggering a traumatic memory.
- Disrupted Relationships
 - Excessive control
 - Avoidance of intimacy
 - Painful patterns of impaired relationships
 - Difficulty controlling tempers
 - Modulating moods
 - Trouble expressing their needs
 - Trouble sharing true feelings

The Behavioral Effects of Trauma

- Reenactments
 - Compulsive drive to repeat the trauma
 - Battered wife syndrome
 - Repeated minor car accidents after an accident
 - “Abuse me” sign
- Substance abuse and addictive behavior
 - Alcohol & drugs
 - Food to regulate overwhelming emotions
- Self Mutilation and Repetitive Self-injury
 - Self soothing mechanism
 - Not motivated by a desire to kill oneself
 - Suicidal intent does need to be assessed due to depth of depression

The Behavioral Effects of Trauma

- Learned Helplessness
 - Dissociation leaves them vulnerable to revictimization
- Compulsive busyness and perfectionism
 - Fill every moment with obsessive thinking
 - Obsessive planning
 - Problem solving
 - “Fixing”
 - Errand running

The Behavioral Effects of Trauma

- The spiritual effects of trauma
 - Loss of purpose and passion
 - Intense sense of betrayal by their religious or spiritual history
 - Loss of trust
 - Disconnection from fellowship
 - Loss of sustaining faith
 - Sense of hopelessness and despair
 - Sense of abandonment by God
 - Inability to trust own perception of inner voice of God
 - Go through motions to please others



