

POST TRAUMATIC STRESS DISORDER

July, 2021

What is Post Traumatic Stress Disorder?

Post-Traumatic Stress Disorder (PTSD) is a condition that can occur after someone is exposed to one or more events that involve death or threatened death, or actual or threatened serious injury or sexual violation.

What are the symptoms?

Intrusion Symptoms

- Involuntary distressing memories
- Recurrent distressing dreams
- Acting or feeling as if the traumatic event were recurring
- Emotional distress if exposed to reminders of the traumatic event
- Marked physical reactions to reminders of the traumatic event

Avoidance Symptoms

- Memories
- Activities
- Objects
- Places
- Situations
- Conversations

Negative Changes in Thinking and Mood

- Inability to remember certain aspects of the traumatic event
- Change in the way the person thinks about themselves
- Self-blame
- Persistent emotional distress
- Decreased interest or participation in significant activities
- Feeling detached from others
- Inability to experience positive emotions

Arousal and Reactivity Symptoms

- Irritability and angry outbursts
- Reckless or self-destructive behavior
- Hypervigilance
- Exaggerated startle response
- Problems with concentration
- Sleep disturbance

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POST TRAUMATIC STRESS DISORDER (CONT.)

July, 2021

How long does it last?

The course of PTSD is variable. This means it can be different for different people and that it can change over time. PTSD symptoms usually begin right after the traumatic event but can also be delayed for many years. However, there are effective treatments available that can significantly reduce or eliminate the severity or duration of PTSD symptoms.

What treatments are available?

There are a variety of non-medication and medication treatments available. There is no single best treatment, but the following treatments have been shown by research to be effective: cognitive-processing therapy (CPT), prolonged exposure (PE), eye movement desensitization and reprocessing (EMDR), and cognitive behavioral couples therapy (CBCT).

Where can I learn more about PTSD?

The following websites may be very helpful to you in gaining more information about PTSD and finding treatment options:

<http://www.tricare.mil/coveredservices/mental/programs>

<http://www.ptsd.va.gov/>

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