

Facts about PTSD

- Approximately 3.5% of U.S. adults will have PTSD in a year.
- Approximately 7-8/100 people have PTSD during their lifetime.
- Approximately 10/100 women develop PTSD during their life.
- Approximately 4/100 men develop PTSD during their life.
- People with PTSD are 80% more likely to have at least one other mental disorder.

Myth: "I'm losing my mind"

Truth: Avoidance is a normal response to an unusual event.

Peaceful Mind Mental Health

Rebecca Koskiniemi,
MSW, LICSW

218.731.8896

Avoidance in Post-Traumatic Stress Disorder (PTSD)

AVOIDANCE: A BEHAVIOR OR ACTION A PERSON DOES TO AVOID, OR KEEP AWAY FROM, DIFFICULT THOUGHTS AND/OR FEELINGS.

SIGNS AND SYMPTOMS

Persistence avoidance of reminders associated with the traumatic event(s), after the event(s), meeting one or both of the following criteria:

- Avoidance or efforts to avoid distressing memories, thoughts, or feelings about or related to the event(s).
- Avoidance or efforts to avoid external reminders, such as people, places, activities, conversations, objects, or situations that stimulate distressing memories, thoughts, or feelings about or related to the event(s).

Treatment Options

Psychotherapy can be one-on-one or group therapy with a licensed mental health professional. Cognitive Behavioral Therapy is one type of therapy utilized for PTSD. Therapy goals for PTSD include, but are not limited to, education on skills, identifying triggers and symptom management. Family and friends can be utilized in therapy for additional support.

Medication may be needed to assist with symptom management. Antidepressant/Anti-anxiety medications are often prescribed to assist with symptoms such as nervousness, anger, or numbness. It is important to speak with your primary care physician regarding any concerns or questions you may have regarding medication management.