

Post Traumatic Stress Disorder PTSD

The Natural ApHeal - @The_Natural_ApHeal



Post-traumatic Stress Disorder, or better known as PTSD, is a psychotic disorder that many service people and veterans have been diagnosed with and treated for in the United States. PTSD results from direct or indirect trauma that reoccurs or causes stress. The associated trauma can be related to sexual abuse, physical or emotional abuse, death or near death experience or exposure, physical harm, or stress causing event that inhibits normal day to day activities. A key characterized component of PTSD is the reoccurrence of memories caused by triggers or related events. The reoccurrences can come in the forms of flashbacks while awake, in dreams or nightmares.

1

COGNITIVE PROCESSING THERAPY (CPT)

Teaches you to reframe negative thoughts about the trauma. It involves talking with your provider about your negative thoughts and doing short writing assignments.

Therapy information taken from PTSD.VA.GOV

2

PROLONGED EXPOSURE (PE)

Teaches you how to gain control by facing your negative feelings. It involves talking about your trauma with a provider and doing some of things you have avoided since the trauma.

Therapy information taken from PTSD.VA.GOV

3

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

Helps you process and make sense of your trauma. It involves calling the trauma to mind while paying attention to back and forth movement or sound (like a finger waving side to side, light or a tone).

7-8 out of 100 people will have PTSD at some point in their lives.

11-20 veterans out of 100 who served in OIF (Operation Iraqi Freedom) or OEF (Operation Enduring Freedom) have PTSD in a given year.

15% to 43% of girls and 14% to 43% of boys have at least one trauma. Of those children and teens 3% to 15% girls and 1% to 6% boys develop PTSD.