



Posttraumatic Stress Disorder

History and Treatment

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DSM V (2013)

Trauma, and Stressor-Related Disorders

- Reactive Attachment Disorder
- Disinhibited Social Engagement Disorder
- Acute Stress Disorder
- **Posttraumatic Stress Disorder**
- Adjustment Disorders
- Unspecified Trauma and Stressor-Related Disorders

PTSD Characteristic Symptoms

Intrusive symptoms

Re-experiencing the trauma (intrusive memories, involuntary thoughts)

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Sleep disturbance, recurrent distressing dreams

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Dissociative reactions (flashbacks)

PTSD Characteristic Symptoms

Intrusive symptoms

Re-experiencing the trauma (intrusive memories, involuntary thoughts)

Sleep disturbance, recurrent distressing dreams

Dissociative reactions (flashbacks)

Intense or prolonged psychological distress, physiological reactions to cues

PTSD Characteristic Symptoms

Avoidance

Efforts to avoid distressing memories

PTSD Characteristic Symptoms

Avoidance

Efforts to avoid distressing memories

Avoidance of activities, people, situations that arouse recollections of the traumatic event

PTSD Characteristic Symptoms

Negative alterations

Dissociative amnesia

PTSD Characteristic Symptoms

Negative alterations

Dissociative amnesia

Exaggerated negative beliefs about self, others, the world

PTSD Characteristic Symptoms

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Negative cognition

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Negative alterations

Dissociative amnesia

Exaggerated negative beliefs about self, others, the world

Negative cognition

Negative emotional state (survivor guilt), constricted affect

PTSD Characteristic Symptoms

Negative alterations

Dissociative amnesia

Exaggerated negative beliefs about self, others, the world

Negative cognition

Negative emotional state (survivor guilt), constricted affect

Diminished participation in social activities

PTSD Characteristic Symptoms

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Negative emotional state (survivor guilt), constricted affect

Diminished participation in social activities

Numbing of responsiveness to or involvement with the external world (feelings of detachment or estrangement from others)

PTSD Characteristic Symptoms

Negative alterations

Dissociative amnesia

Exaggerated negative beliefs about self, others, the world

Negative cognition

Negative emotional state (survivor guilt), constricted affect

Diminished participation in social activities

Numbing of responsiveness to or involvement with the external world (feelings of detachment or estrangement from others)

Inability to experience positive emotions

PTSD Characteristic Symptoms

Marked alterations in arousal and reactivity

Irritable behavior

PTSD Characteristic Symptoms

Marked alterations in arousal and reactivity

Irritable behavior

Reckless or self-destructive behavior

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Hypervigilance

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Reckless or self-destructive behavior

Hypervigilance

Exaggerated startle responses

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Reckless or self-destructive behavior

Hypervigilance

Exaggerated startle responses

Trouble concentrating

Treatment

Symptom relief

Anxiolytics

Antidepressants

Hypnotics

Self-medication

Treatment

Evidence Based Therapies

Symptom immersion/VR/IE/PE

Treatment

Evidence Based Therapies

Symptom immersion/VR/IE/PE
CBT

Treatment

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Symptom immersion/VR/IE/PE

CBT

EMDR/ACT

Treatment

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Symptom immersion/VR/IE/PE

CBT

EMDR/ACT

Tapping

Treatment

Evidence Based Therapies

Symptom immersion/VR/IE/PE

CBT

EMDR/ACT

Tapping

Mindfulness therapies

Treatment

Evidence Based Therapies

Symptom immersion/VR/IE/PE

CBT

EMDR/ACT

Tapping

Mindfulness therapies

Hypnotherapy

Treatment

Psychotherapy

Individual

Treatment

Psychotherapy

Individual

Group/ Readjustment therapy

Treatment

Psychotherapy

Individual

Group/ Readjustment therapy

Family/Inter-generational transmission of trauma

Treatment

Psychotherapy

Individual

Group/ Readjustment therapy

Family/Inter-generational transmission of trauma

Caregivers