



Post-Traumatic Stress Disorder (PTSD)

GTH: GATEWAY TO HOPE

What is PTSD?

- Psychological reactions that can develop following exposure to a traumatic or stressful event, such as childhood neglect, physical/sexual abuse, combat, physical assault, sexual assault, natural disaster, an accident or torture

Know the Symptoms

- **Behavioral:** agitation, irritability, hostility, self-destruction, or social isolation
- **Psychological:** flashbacks, fear, severe anxiety, or mistrust
- **Mood:** loss of interest or pleasure in activities, guilt, or loneliness
- **Sleep:** insomnia or nightmares
- **Also common:** emotional detachment or unwanted thoughts

Treatments and Therapies

- **Selective Serotonin Reuptake Inhibitors (SSRI's):**
 - blocks serotonin from being reabsorbed into the brain cells
- **Psychotherapy:**
 - creates a safe environment to “expose” the patient to fear to reduce avoidance
- **Cognitive Processing Therapy (CPT):**
 - patients learn to understand the traumatic event and take control of distress