Aim #23 - PTSD (Anxiety Disorders)

Do Now:
1. What does PTSD stands for?
   Posttraumatic Stress Disorder

2. Who do we see commonly suffering from PTSD and why? (give three examples)
   - rape victim
   - soldiers
   - surgery gone wrong
   - car accidents
   - natural disasters
   - witnessed a murder
Aim #23 - PTSD (Anxiety Disorders)

Do Now: Complete Questions
1. What do the three men in this episode have in common? (Besides that they all suffer from PTSD)
   - served in Iraq
   - aggressive behaviors
   - problems with alcohol smoking
   - all young
   - unemployed
   - depression / suicidal thoughts

2. Why is Arthur unable to start his treatment in an inpatient rehab center? What does he have pending?
   - He was arrested and has a DWI pending.

3. How was Kenny’s experience in Iraq different from most soldiers? Does he see this as a positive? Why?
   - His mom was there with him because she was a truck driver in the army.
   - Yes it was positive because he feels like he has someone to talk to about his experiences who understands and can relate.

4. What is Kenny currently doing to get better? Is it working?
   - He is on anti-depressants and currently seeing a therapist.

5. Why is it very common to see veterans with alcohol problems?
   - Many feel like it relieves stress and gives them temporary numbness to their PTSD symptoms. They use it as a negative coping mechanism.

Overview:

- Posttraumatic stress disorder, or PTSD, is a serious potentially debilitating condition that can occur in people who have experienced or witnessed a natural disaster, serious accident, terrorist incident, sudden death of a loved one, war, violent personal assault such as rape, or other life-threatening events.
- Women are twice as likely to develop posttraumatic stress disorder as men, and children can also develop it.
- PTSD often occurs with depression, substance abuse, or other anxiety disorders.
- 7.7 million Americans age 18 and older have PTSD.
- 67 percent of people exposed to mass violence have been shown to develop PTSD, a higher rate than those exposed to natural disasters or other types of traumatic events.
Symptoms

- Re-experiencing the trauma through intrusive distressing recollections of the event, flashbacks, and nightmares.
- Emotional numbness and avoidance of places, people, and activities that are reminders of the trauma.
- PTSD is diagnosed after a person experiences symptoms for at least one month following a traumatic event. However symptoms may not appear until several months or even years later.
The main treatments for people with PTSD are psychotherapy (often called talk therapy), medications, or both.

**Exposure therapy.** This therapy helps people face and control their fear by exposing them to the trauma they experienced in a safe way.

**Cognitive restructuring.** This therapy helps people make sense of the bad memories.
Treatment for PTSD:

Stress inoculation training. This therapy tries to reduce PTSD symptoms by teaching a person how to reduce anxiety.

Virtual reality treatment consists of custom virtual environments that have been carefully designed to support exposure therapy of anxiety disorders.