



Post-traumatic Stress Disorder

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What is Post-traumatic Stress Disorder (PTSD)?

- Subjective
 - Defined as traumatic by the survivor
- Objective
 - Natural disasters
 - Man-made disasters
 - Violence
 - Repeated
 - Rape, DV, sexual abuse, physical abuse
 - (Giller,1999)

DSM-IV-TR

- American Psychiatric Association (APA)
 - Exposure to traumatic event
 - Re-experience
 - Avoidance
 - Arousal
 - Duration
 - Chronicity
 - (APA, 2000)



Exposure

- Life-threatening
 - Response
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Re-experience


- Recollection
- Dreams
- Recurrence of event
- Response to triggers
 - Psychological/symbolic
 - Physiological/symbolic

Avoidance

- Associations to event
 - Numbing
 - Thoughts, feelings, activities, people, places, or things
 - Loss of interest
 - Detachment
 - No sense of future



Arousal

- Sleep
 - Irritability
 - Concentration
 - Hypervigilance
 - Startle response
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Duration

- 1 month or longer
- Delayed onset--6 months
- Acute-- < 3
- Chronic-- > 3

Functional Disturbances

- Work/occupational
- Social
- Home
- School
- Other areas of functioning

Complex Trauma

- Repeated occurrence over time (Courtois, 2004)
 - Age
 - Duration
 - Degree

Complex Trauma

- Symptoms
 - Substance abuse
 - Self-mutilation
 - Interpersonal problems
 - Depression/anxiety
 - Dissociation
 - Somatic
 - Medical

Co-occurring Disorders--Axis I

- Mood disorders
- Substance-related disorders
- Sexual disorders
- Eating disorders
- Sleep disorders

Co-occurring Disorders--Axis II

- Symptom presentation
 - Impulsivity
 - Intense relationships
 - Labile mood
 - Self-harm behaviors

Assessment--Structured

- **Structured Clinical Interview for DSM-IV** (SCID; First et al., 1996)
- **PTSD Symptom Scale Interview** (PSS-I; Foa et al., 1993)
- **Structured Interview for PTSD** (SI-PTSD; Davidson, Smith, & Kudler, 1989)
- **Clinician Administered PTSD Scale** (CAPS; Blake et al., 1995)

Assessment--self-report

- PTSD Checklist (PCL; Weathers et al., 1993)
- Posttraumatic Stress Diagnostic Scale (PDS; Foa, 1995)
- Detailed Assessment of Posttraumatic Stress (DAPS: Briere, 2001)
- Others

Treatment

- Trauma-informed therapy
 - Safety
 - Trustworthiness
 - Choice
 - Collaboration
 - Empowerment

Treatment

- Phased-approach
 - Stabilization & symptom reduction/management
 - Treatment of traumatic memories
 - Reintegration and rehabilitation
 - (Courtois, 2004)

Treatment

- Cognitive-behavioral
- Combined--Seeking Safety (Najavits, 2002)
- Interpersonal Therapy
- Hypnosis
- Psychodynamic
- EMDR

Treatment

- **Psychopharmacological** (Foa, Keane, Friedman, & Cohen, 2009, p. 246)
 - **Psychobiological actions**
 - Adrenergic hyper-reactivity-- Hyperarousal, re-experiencing, aggression
 - CRF elevated-- Hyperarousal, re-experiencing, panic
 - HPA dysregulation--Stress intolerance
 - Opioid dysregulation--Numbing
 - Kindling/limbic--Hyperarousal, re-experiencing
 - Inadequate Serotonergic-- Hyperarousal, re-experiencing, numbing, stress intolerance
 - Glutamatergic dysregulation-Impaired information & memory processing
 - Inadequate GABA-ergic-excessive arousal

PTSD

- As a complex issue
- Multi-layered
 - Assessment
 - Treatment

Ask the Doctor

- Questions & Answers

References

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