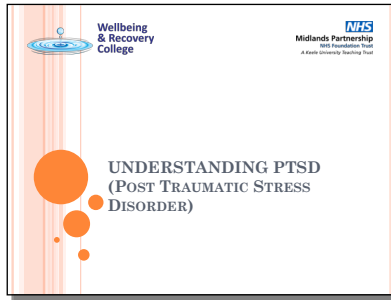


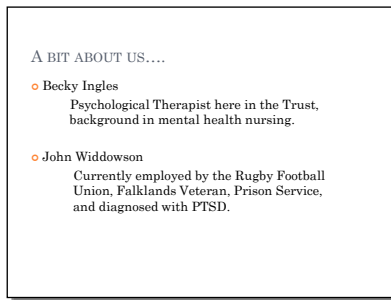
Slide 1



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LEARNING OUTCOMES

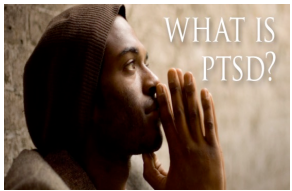
- Understand what PTSD is and what some of the common symptoms are
- Understand the difference between PTSD and trauma
- Basic knowledge of PTSD treatments
- Learn some strategies that may help reduce the impact of trauma

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TRAUMA VS PTSD

- PTSD is a clinical diagnosis
- Trauma is a term to describe something that has had a significant emotional impact on someone.
- Trauma is defined in the English dictionary as:
‘a deeply distressing or disturbing experience’
‘an emotional shock following a stressful event or physical injury’.
- If someone has experienced a trauma and are affected emotionally by it, however do not meet the criteria for PTSD, this does not mean that they do not need or should be excluded from treatment.

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WHAT IS PTSD?

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SO...WHAT IS PTSD?

- Develops following experience of or witnessing of a stressful event or situation of an exceptionally threatening or catastrophic nature.
- Around 25-30% people experiencing a traumatic event go on to develop PTSD.
- Usually develops right after the traumatic experience however in some cases the onset of symptoms may be delayed.

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- Activity
- Now's your chance to type in the chat box what you think the signs and symptoms of PTSD are...

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Signs, symptoms and things to look out for

- Re-experiencing
 - involuntary re-experiencing of the event – flashbacks, acting or feeling as if the event is re-occurring – being 'back there'.
- Nightmares.
- Repetitive and distressing intrusive images.
- Physiological reactions – anxiety, sweating, pounding heart,

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Signs, symptoms and things to look out for

- Avoidance of reminders
 - People, situations, circumstances associated with the event
 - Trying to avoid thinking or talking about it, trying to push or erase it from the mind
 - Ruminating – questions about the event, what could have prevented it, been done differently etc.

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Signs, symptoms and things to look out for

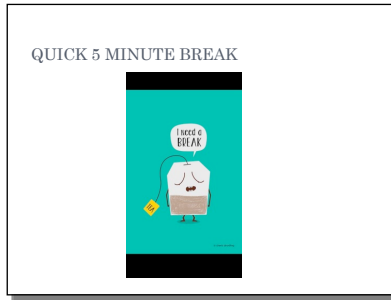
- Hyper arousal
 - Hypervigilance for threat
 - Exaggerated startle response
 - Irritability, trouble concentrating
 - Trouble sleeping
- Emotional Numbing
 - Feeling detached
 - Difficulty experiencing feelings
 - Amnesia from certain parts of the event
 - Giving up previous activities that were significant

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- Anxiety – flight, fight or freeze response

<http://www.getselfhelp.co.uk/docs/Adrenaline.pdf>

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WHO CAN EXPERIENCE PTSD?
Activity:
What sort of experiences may lead to PTSD or trauma?

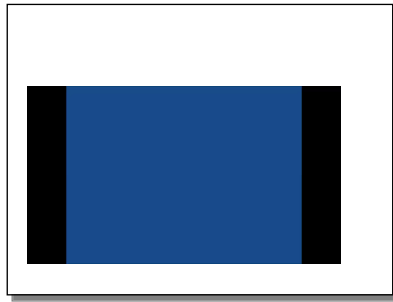
Again – put your ideas in the chat box

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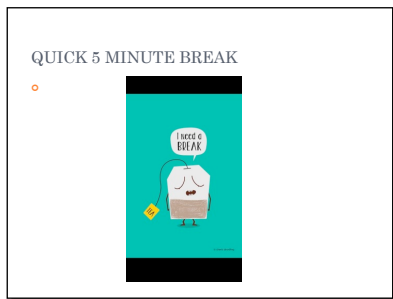
WHY DO SOME PEOPLE GET PTSD?

- It is thought that the natural process has got 'stuck'
 - A traumatic event being sudden, unexpected, causing many deaths, going on for a prolonged period of time and/or causing mutilation or involving children is more likely to result in PTSD
 - There are different functions that may be involved in causing PTSD such as adrenaline remaining high due to the vivid memories of the traumatic event
 - **Hippocampus** – part of the brain that processes memories; it is believed that high levels of stress hormones may stop it from working.

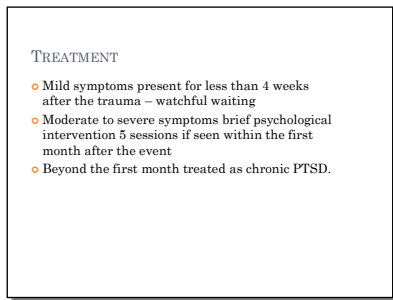
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PSYCHOLOGICAL THERAPIES

- Trauma focused Cognitive behavioural therapy (CBT)
- Eye Movement Desensitisation re-processing (EMDR) Therapy.

These are recommended treatments however sometimes other interventions such as anxiety management and mindfulness may be offered.

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MEDICATION

- Anti-depressants may be prescribed and may help
- Sometimes anti-psychotics can help when anxiety levels are extremely high
- Tranquillisers and sleeping tablets should be avoided
- Trauma-focused therapies should usually be offered first prior to medication.

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WHAT CAN SOMEONE SUFFERING FROM TRAUMA OR PTSD DO TO HELP THEMSELVES?

- Seek help and support from friends and family, talk to someone you are comfortable with and trust. If this is not possible seek professional support.
- If possible try to resume a normal routine.
- Eat regularly and exercise often/engage in sport.
- Alternative therapies – such as Tai Chi, reflexology, massage, acupuncture – can help focus on the here and now more rather than the past.
- Relaxation
- Mindfulness
- Music

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PROGRESSIVE MUSCLE RELAXATION
EXERCISE – BENSONS RELAXATION PRACTICAL

- Sit in a comfortable position and adopt a relaxed posture
- Pick a short focus word that has significant meaning for you and that you associate with relaxation (e.g. relax, smooth, calm, easy, float, etc.)
- Slowly close your eyes
- Relax all the muscles in your body
- Breathe smoothly and naturally, repeating the focus word
- Be passive so that if other thoughts enter your mind, dismiss them with, 'Oh well' and calmly return to the focus word - do not concern yourself with how the process is going
- Continue this for 10 to 15 minutes as required.

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POSITIVE SELF TALK AND DISTRACTION

- When experiencing traumatic memories and images, remind yourself.
 - 'this is in the past, it is over now'
 - 'although it still distresses me I got through it, I can be strong'
 - 'these are just feelings and although they are unpleasant they will pass'
- Focus on the present – distraction, go for a walk, call a friend for a general chit chat, engage in a hobby/something you enjoy

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FRIENDS, FAMILY AND COLLEAGUES – HOW TO BE SUPPORTIVE

- Allow the trauma survivor to tell their story, let them talk, don't interrupt the flow or compare with your own experiences
- Watch for changes in their behaviour, anger, irritability, low mood, lack of interest
- Don't tell them you know how they feel – or that they are lucky to be alive
- Don't minimise their experience 'it's not that bad' or suggest things like 'get over it' or 'pull yourself together'.

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REVIEW

- What is one thing you know now that you didn't know before? Or one thing you can take away from today?
- Were the learning outcomes met?
 - Understand what PTSD is and what some of the common symptoms are
 - Understand the difference between PTSD and trauma
 - Basic knowledge of PTSD treatments
 - Learn some strategies that may help reduce the impact of trauma

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