

# UNDERSTANDING: PTSD

## !!!PTSD!!!

If you are reading this, it is likely that you or someone you know have been affected by a traumatic experience. Either way, I am glad that you are taking the time to learn about Posttraumatic Stress Disorder (PTSD).

There are different types of trauma “disorders,” including: Acute Stress Disorder, Type 1 PTSD and Type 2 PTSD. This article will focus upon Type 1 PTSD. For information on the other types please find the corresponding article.

## !!!IMPORTANT!!!

Allow me to let you in on a little known secret about PTSD. Did you know that every single one of the symptoms were, at one time, extremely helpful. Each symptom of PTSD, in the midst of a crisis/trauma served a protective function. When the person is no longer in the midst of the crisis the symptoms lose their overall effectiveness, and sometimes become difficult manage. With that said, it is important to realize the resilience and creative capacity of individuals who have experienced trauma. At one time in the past, those symptoms were needed, and they may be needed again. With that said, what are the symptoms of Type 1 PTSD?

<http://www.traumacenter.org/>

<http://www.ptsd.va.gov/>

[www.livingwaterscounselingllc.com](http://www.livingwaterscounselingllc.com) (shameless plug)

## !!!SYMPTOMS!!!

1. Re-experiencing Symptoms
  - a. Distressing & Unwanted Memories
  - b. Nightmares
  - c. Flashbacks
  - d. Intense feelings emerge when reminded of trauma
  - e. Intense physical reactions to reminders of the trauma
2. Avoidance & Numbing
  - a. Avoiding anything that reminds you of the trauma
  - b. Inability to remember certain aspects of the trauma
  - c. Feeling detached or not “normal”
  - d. Emotions are “numb”
  - e. A bleak future outlook
3. Hyper-arousal & Hyper-vigilance
  - a. Disturbed sleep
  - b. Anger, irritability, tension, feeling “keyed up.”
  - c. Poor concentration
  - d. Being on “high alert”
  - e. Easily Startled

## SO NOW WHAT?

PTSD is a treatable condition. Although the trauma will never “go away,” you will be better able to take control of your life, your body and your mind once again. For further information please contact a local mental health provider or continue your research by visiting the websites listed over there.