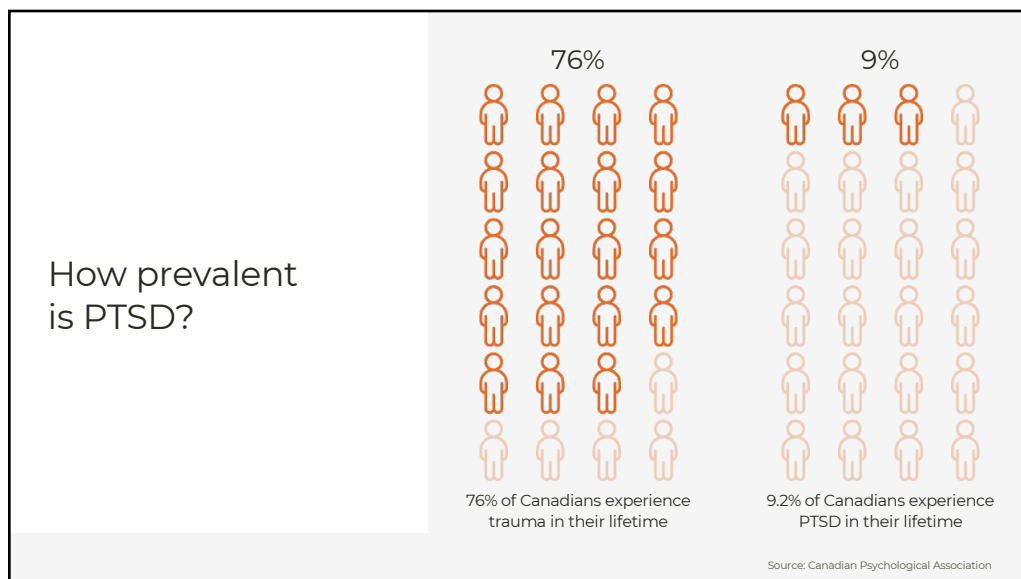
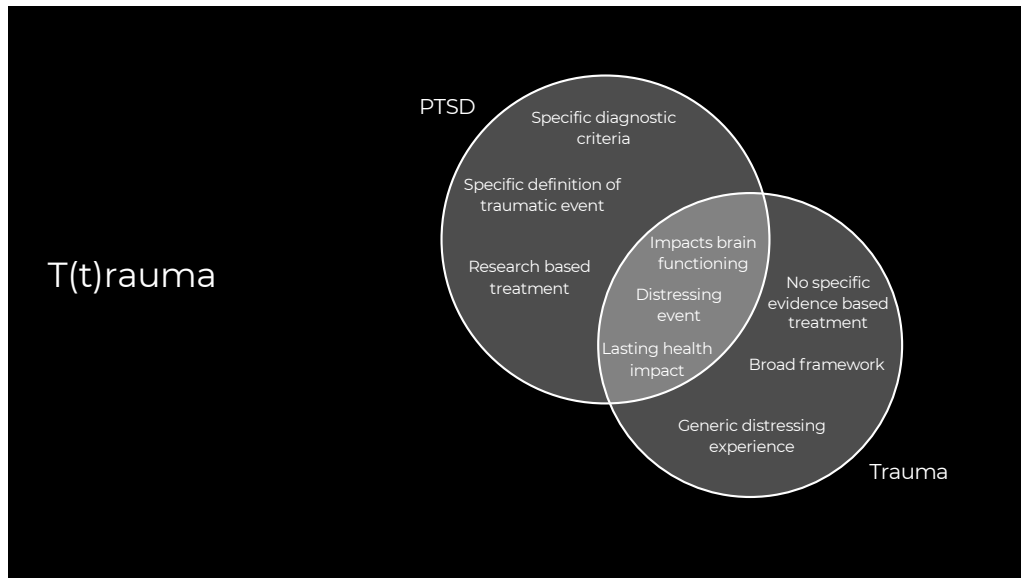


1



2



3

## Trauma and Stress-Related Disorders in DSM-5

 <p><b>Post-Traumatic Stress Disorder (PTSD)</b></p> <p>Exposure to actual or threatened death, serious injury, or sexual violence, leading to intrusive symptoms, avoidance, negative alterations in cognition and mood, and heightened arousal.</p>	 <p><b>Acute Stress Disorder</b></p> <p>Temporary but severe anxiety, dissociative, and other symptoms occurring within one month after a traumatic event.</p>	 <p><b>Adjustment Disorders</b></p> <p>Emotional or behavioral symptoms in response to an identifiable stressor, occurring within three months of the stressor.</p>	 <p><b>Reactive Attachment Disorder</b></p> <p>Failure to form healthy attachments with caregivers in early childhood due to neglect or abuse.</p>
--	---	--	---

These disorders highlight the impact of trauma and stress on mental health, emphasizing the need for understanding, support, and appropriate interventions.

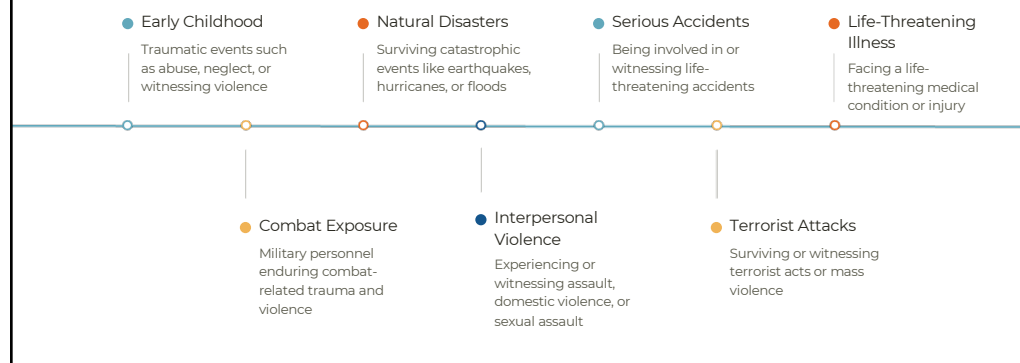
4

## What is PTSD?

- **Severe psychological trauma**  
Exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence,
- **Intrusive memories**  
Recurrent and distressing recollections, flashbacks, or nightmares about the traumatic event.
- **Avoidance**  
Efforts to avoid thoughts, feelings, people, places, or activities associated with the trauma.
- **Negative changes in thoughts and mood**  
Persistent negative beliefs about oneself, others, or the world, and disturbed emotional state.
- **Hyperarousal**  
Exaggerated startle response, irritability, difficulty concentrating, and sleep disturbances.

5

## Causes of PTSD



6

## Cognitive Theory of PTSD



### Cognitive Theory of PTSD explains the development and persistence of symptoms

This theory focuses on how our thoughts, beliefs, and interpretations about traumatic events shape PTSD symptoms.



### Negative appraisals and dysfunctional thoughts about the trauma

Individuals with PTSD often have negative beliefs about themselves, the world, and the future, leading to distorted perceptions and exaggerated threat appraisals.



### Maladaptive coping strategies and avoidance behaviors

PTSD involves efforts to avoid reminders of the trauma, which can reinforce negative beliefs and maintain symptoms over time.

The cognitive model provides a framework for understanding how our thought processes and interpretations contribute to the development and maintenance of PTSD symptoms.

7

## Neurological Reasons for PTSD Dissociation



### Overactivation of the amygdala

The amygdala, a brain region involved in processing emotions and fear responses, can become hyperactive during traumatic events, leading to excessive fear and dissociative symptoms.



### Decreased prefrontal cortex activity

The prefrontal cortex, responsible for decision-making and regulating emotions, may show reduced activity, impairing the ability to cope with traumatic memories and emotions.



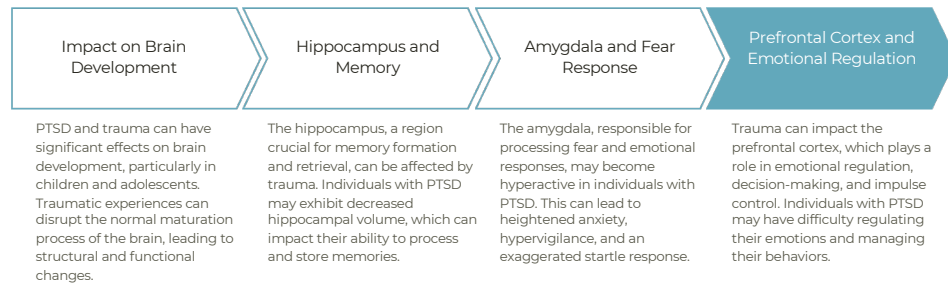
### Disruption of memory consolidation

Traumatic events can interfere with the normal consolidation of memories, leading to fragmented or dissociated recollections.

The neurological underpinnings of PTSD dissociation involve dysregulation in brain regions related to fear processing, emotional regulation, and memory consolidation, contributing to dissociative symptoms.

8

## Brain Development in PTSD



9

## Childhood Development and Complex Trauma



**Early childhood experiences shape development**  
Traumatic events during formative years can have profound and lasting impacts on mental health and well-being.



**Complex trauma involves exposure to multiple traumatic events**  
This can include abuse, neglect, domestic violence, or other forms of interpersonal trauma over an extended period of time.



**Impacts neurological development and emotional regulation**  
Complex trauma can disrupt the normal development of the brain, affecting cognitive function, emotional regulation, and attachment.

Understanding the implications of childhood development and complex trauma is crucial for effectively addressing PTSD and providing appropriate support and interventions.

10

## Adverse Childhood Experiences



### Emotional abuse or neglect

Persistent rejection, humiliation, or exposure to domestic violence.



### Physical abuse or neglect

Bodily harm, deprivation of basic needs like food, shelter, or clothing.



### Sexual abuse

Any unwanted sexual act, sexual exploitation, or exposure.



### Substance abuse in the household

Witnessing or being affected by substance abuse by a family member.

Adverse childhood experiences can have lasting impacts on mental health and increase the risk of developing PTSD and other trauma-related disorders.

11

## Neurological Impacts of Childhood Trauma



### Impaired brain development

Trauma disrupts normal brain development and neural pathways, leading to cognitive and emotional deficits.



### Dysregulated stress response

Traumatic experiences alter the stress response system, leading to heightened fear, anxiety, and hypervigilance.



### Memory and learning difficulties

Childhood trauma can impair memory formation, retrieval, and learning abilities, affecting academic performance.



### Emotional dysregulation

Trauma survivors often struggle with emotional regulation, leading to mood swings, outbursts, and difficulty managing emotions.

Childhood trauma can have profound and lasting impacts on brain structure, function, and emotional well-being, highlighting the importance of early intervention and support.

12

## Impact of Childhood Trauma



### Emotional dysregulation

Childhood trauma can lead to difficulties in managing emotions, resulting in frequent emotional outbursts or mood swings.



### Attachment issues

Traumatic experiences during childhood can disrupt the formation of secure attachments, leading to challenges in forming healthy relationships later in life.



### Cognitive impairments

Trauma can impact brain development, potentially affecting cognitive functions like memory, attention, and problem-solving abilities.



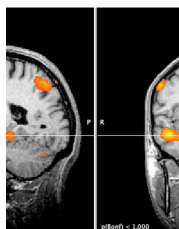
### Behavioral problems

Children who have experienced trauma may exhibit behavioral issues such as aggression, substance abuse, or self-harm as coping mechanisms.

Childhood trauma can have long-lasting impacts on various aspects of a person's life, including their emotional, relational, cognitive, and behavioral functioning. Understanding these impacts is crucial for providing appropriate support and interventions.

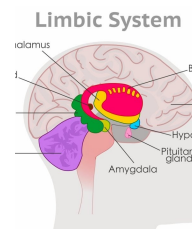
13

## The Role of the Amygdala in PTSD and Trauma



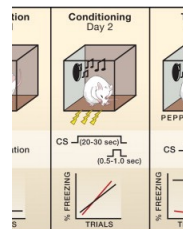
### Amygdala Brain Scan

An fMRI image highlighting the amygdala, a key brain region involved in processing the emotions and fear responses.



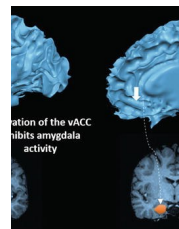
### Amygdala Structure

A detailed diagram illustrating the intricate structure and location of the amygdala within the human brain.



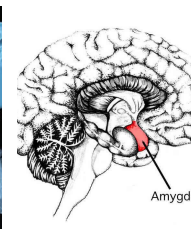
### Fear Conditioning Experiment

An image depicting a classical fear conditioning experiment, demonstrating the role of the amygdala in forming fear memories.



### Amygdala Hyperactivation in PTSD

A brain scan comparison showing heightened amygdala activation in individuals with PTSD, linked to heightened fear and anxiety responses.



### Emotional Face Recognition

An illustration of emotional facial expressions, highlighting the involvement of the amygdala in recognizing and processing emotional cues.

14

## PTSD Treatment Options

- **Cognitive Processing Therapy (CPT)**  
A trauma-focused cognitive behavioral therapy that helps individuals modify unhelpful beliefs related to their traumatic experience and develop more adaptive ways of coping.
- **Medication Management**  
Various medications, such as selective serotonin reuptake inhibitors (SSRIs) and selective norepinephrine reuptake inhibitors (SNRIs), can help alleviate symptoms of PTSD, such as anxiety, depression, and sleep disturbances.
- **Prolonged Exposure Therapy (PE)**  
A type of cognitive-behavioral therapy that gradually exposes individuals to memories and situations related to their trauma in a safe and controlled environment, with the goal of reducing fear and anxiety.
- **Group Therapy**  
Participating in group therapy sessions with others who have experienced trauma can provide social support, validation, and opportunities to learn coping strategies.
- **Eye Movement Desensitization and Reprocessing (EMDR)**  
Exposure and relaxation. Bilateral stimulation has been evidenced to be ineffective but treatment still beneficial
- **Mindfulness-Based Interventions**  
Practices such as mindfulness meditation, yoga, and deep breathing exercises can help individuals develop greater awareness, acceptance, and regulation of their thoughts, feelings, and physical sensations related to PTSD.

15

## Trauma Psychological Treatment

### Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

An evidence-based treatment that combines cognitive-behavioral principles with trauma-sensitive interventions, including psychoeducation, parenting skills, relaxation techniques, affective expression, cognitive coping, trauma narrative, and safety planning.

### Eye Movement Desensitization and Reprocessing (EMDR)

A psychotherapy approach that involves recalling distressing events while receiving therapeutic co-regulation to facilitate the adaptive processing of traumatic memories.

### Play Therapy

A therapeutic approach that utilizes play to help children express their experiences and feelings, promote emotional regulation, and develop coping strategies in a safe and developmentally appropriate manner.

### Attachment and Trauma-Informed Care

A framework that emphasizes the importance of nurturing relationships, safety, and affect regulation in the treatment of childhood trauma, often involving both the child and caregivers.

### Mindfulness-Based Interventions

Techniques that promote present-moment awareness and acceptance, reducing avoidance and enhancing emotion regulation skills, which can be particularly beneficial for trauma survivors.

16



## Resilience: Coping with Trauma



17

## Moving Forward: Healing from Trauma

Facing the Trauma

Processing Emotions

Rebuilding Self-Esteem

Finding New Meaning

18

## Posttraumatic Growth: Finding Strength in Adversity



### Positive psychological change

Posttraumatic growth refers to the positive psychological changes that can occur after a traumatic event.



### Finding personal strength

Individuals may discover new personal strengths and resilience they never knew they had.



### Appreciation for life

Survivors often gain a newfound appreciation for life and a renewed sense of purpose.



### Strengthened relationships

Traumatic events can bring people closer together, strengthening relationships with loved ones.

Posttraumatic growth highlights the potential for positive transformation and personal growth after trauma.

19

Questions?

20