



Program information

Overview of PTSD

Cluster of symptoms

What PTSD looks like

Treatment

Visuals



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We have 5 VA work study students

# WHAT WE OFFER

Certification Services

Educational Counseling

A place where they can gather

Support groups

Family support

Employment Referral Services

Help filing for VA Benefits

Coordinate Education Referral Services

Social Events

Currently have 108 certified students

Serving 41 un-certified students

9 fall grads

3 of 9 will be transferring

17 spring grads

13 of 17 will be transferring

Post Traumatic Stress Disorder is an **anxiety** disorder that can occur following the experience or after witnessing a traumatic event.

Combat

Childhood Abuse or Rape

Accidents

Assault

Disasters

PTSD is diagnosed when symptoms last up to 4 weeks or longer

Many people with PTSD naturally get better over time. But for some, PTSD is a condition and  improve over time.

Failure of recovery

# POST TRAUMATIC STRESS DISORDER (PTSD)

The person experiences a traumatic event involving threat to life and a response of horror, helplessness and intense fear.

- Re-experiencing Symptoms

- Avoidance Symptoms

- Hyper-arousal Symptoms



**Reliving** – think about trauma when you don't want to. Uninvited thoughts. Nightmares. Flashbacks.

**Avoiding** – avoid situations or people that remind of events, avoid talking or thinking about trauma, avoid situations that trigger fight or flight alarm response, spend most of time alone to avoid being triggered

**Hyperarousal** – feel jittery or stressed, constantly on alert, uncomfortable with strangers, angry or irritable, trouble sleeping, difficulty concentrating, easily startled by unexpected noises.

# WHAT PTSD MAY LOOK LIKE IN EVERYDAY LIFE:

Social Anxiety

Difficulty in relationships

Needing to sit in the back, corner

Difficulty with others crowding or being behind them

May feel out of place or alienated

Tendency to isolate

Difficulty regulating emotions – topics that trigger  
(Lack of affect or extreme emotions)

Altered Views about the world, self, and people

# WHAT PTSD MAY LOOK LIKE EVERYDAY LIFE:

Low Tolerance for:

Others not following directions (Group work)

Lack of gratitude

Lack of structure

Carelessness

Loud noises

Difficulty concentrating

Low self-esteem

Memory Impairment

# Cognitive Behavioral Treatments

## Medication

# WHAT YOU CAN DO:

Listen actively

<http://www.halfofus.com/video/anxiety-disorders/>

<https://www.youtube.com/watch?v=2qFifJc06vA>

# DISCUSSION...

# QUESTIONS?



# REFERENCES

. (n.d.). [Pamphlet

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"Planning session defines agency roles" David Collier, Psy.D., Vet Center Voice

"Iraq War Clinicians Guide, 2<sup>nd</sup>" National Center for PTSD, DVA

DSM – IV – TR (Diagnostic and Statistical Manual)