

# Stress- and Trauma-Related Disorders



# Defining Characteristics

- Exposure to a traumatic or stressful event
- Psychological distress follows event
  - Lots of ways this could manifest:
    - Disengagement
    - Aggression
    - Anxiety
    - Depressive symptoms



# List of Disorders

- Reactive Attachment Disorder
- Disinhibited Social Engagement Disorder
- Posttraumatic Stress Disorder
- Acute Stress Disorder
- Adjustment Disorders
  
- *Other Specified Trauma-and Stressor-Related Disorder*
- *Unspecified Trauma-and Stressor-Related Disorder*

# PTSD



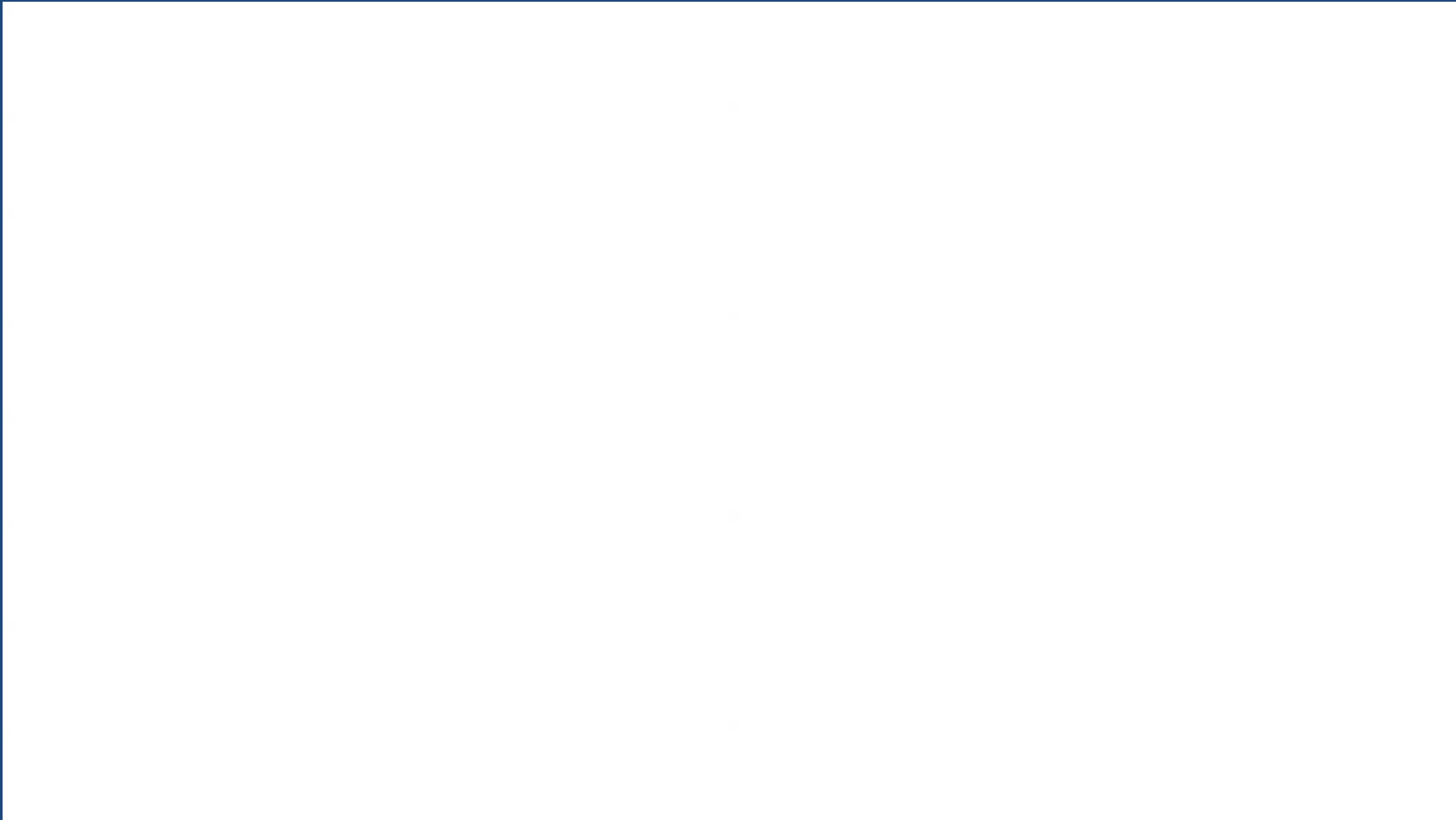
- ***Post-Traumatic Stress Disorder – 3.5%***
- No longer really “anxiety” disorder because anxiety implies an internal/mental cause....PTSD caused by a real event
  - *\*But it does produce feelings of anxiousness*
- Persistent frightening thoughts/ memory of traumatic ordeal
- May feel depressed, numb to world, anxious, aggressive, avoidant

# How do PTSD and ASD differ?



- ASD – *20% prevalence after trauma exposure*
- ASD and PTSD differ in two fundamental ways:
  1. ASD diagnosis can only be given within the first month following a traumatic event.
    - (if it persists past one month, it changes to PTSD)
  2. ASD diagnosis requires that a person experience three symptoms of dissociation
    - (e.g., numbing, reduced awareness, depersonalization, derealization, or amnesia)

# What is PTSD? (from the V.A.)



# What PTSD really feels like



# EMDR therapy

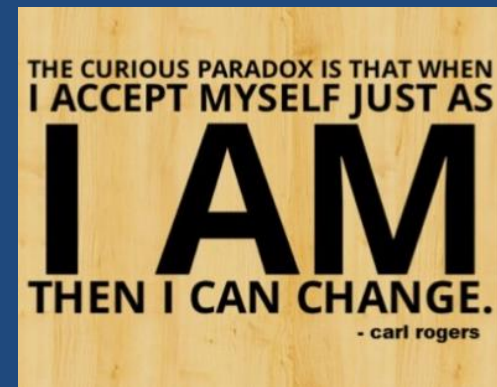


**EMDR THERAPY**



# Person-Centered Therapy

- Approach: Humanistic
- Carl Rogers
  - Remember theory of real self and ideal self?
    - The closer the 2 are, the happier the person
  - People can really only achieve congruence between the two if they receive unconditional positive regard from others
- Goal of therapy:
  - Client and therapist on equal footing
  - Therapist shows unconditional positive regard
  - Client does most of the “work” themselves



# Person-Centered Therapy

- *Therapist is a sounding board*
- 3 key elements:
  - 1. Authenticity: therapist must be open, honest, and genuine
  - 2. Unconditional Positive Regard: therapist must be warm, accepting, and completely uncritical
  - 3. Empathy: therapist must show the client that he/she understands what the client is feeling



# Person-Centered Therapy Role Play

