

P T S D

Post Traumatic Stress Disorder

~

Traumatic stress is the effect of an overwhelming experience on the mind and body of a person. There are two distinct types of trauma; one type is a reaction to experiencing or witnessing a single catastrophic, and unanticipated event. A sexual assault, a serious car accident, or a natural disaster. With this type of trauma you often have a detailed, clear memory of what happened. The event may “stick” with you and make you hyper-vigilant, nervous, when in or around a similar place, even when there is clearly no threat to your safety.

Another type of trauma is that of Extreme Stress. If you have experienced prolonged, repeated, extensive exposure to traumatic events, you may have problems with your ability to regulate your emotions, especially anger. You may also find it hard to stay “present” and have a hard time remembering or become dissociative (spaced out). You may suffer from feelings of helplessness, shame, guilt, or feel stigmatized, alone, special, or full of self-blame. You may be preoccupied with feelings of revenge about your abuser, or feelings of gratitude or accept the perpetrators beliefs as true and believe they are your own. You may have trouble being positive, having healthy relations with others without being isolated, unable to find meaning in your life and find it hard to hold on to faith, hope, or have a sense of a positive future.

There are safe and effective ways to heal trauma. You can learn ways to help yourself when you are reacting to post traumatic stress. There are three major types of reactions;

I. Memories pop up in your mind, you feel as if the traumatic event is happening again, you have dreams, nightmares, or disturbing thoughts. You react to a smell, sound or a date that triggers a flash back in feelings or thinking. **II.** You may also feel that you are living a life of avoidance so you don't have to relive or risk anything that would bring back memories. **III.** Or you may have physical symptoms or problems with your health that are chronic and not easily explained.

Coping with trauma is possible with proper treatment. You can learn to let go of Avoidance and Denial as you develop more and more Self Control. You can lessen and even eliminate some trauma symptoms as you safely develop Self Awareness. You can stop out bursts of Anger and Rage and learn how to express your anger or upset with out offending. You can stop Self-Defeating Behaviors and Self Harm and overwhelming feeling of Guilt, Shame and Loss.

Trauma Effects your ability to regulate your emotions, it alters your attention or consciousness, it impacts your body, the way you view yourself, your relationships, your ability to find meaning and trust and for many, the ability to develop and enjoy a sense of humor, one of life's simple pleasures.

Life is worth living and we all deserve an opportunity to enjoy our life to the fullest extent possible!

I use realistic and effective techniques for overcoming the effects of Traumatic Stress.

If you think you might have post traumatic stress symptoms and would like to find out what you can do about them, please call me. Your questions will be treated with respect and confidentiality.

David Williams PHT, CHT
Counseling and Therapy
707-566-9339

