

VALUEADDED COURSE

COURSENAME	POSTTRAUMATICSTRESS DISORDER
COURSECODE	VACAPH
DURATION	35HR


- Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event —either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.
- Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self- care, they usually get better. If the symptoms get worse, last for month so reven years, and interfere with your day-to-day functioning, you may have PTSD.

UNIT-I INSTRUSIVEMEMORIES

- Recurrent unwanted distressing memories of the traumatic event
- Reliving the traumatic event as if it were happening again (flashbacks)
- Upsetting dreams or night mares about the traumatic event
- Severe emotional distress or physical reactions to something that reminds you of the traumatic event

UNIT-II NEGATIVECHANGESANDTHINKING AND MOOD

- Negative thoughts about yourself, other people or the world Hopelessness about the future
- Memory problems, including not remembering important aspects of the traumatic event
- Difficulty maintaining close relationships
- Feeling detached from family and friends
- Lack of interest in activities you once enjoyed

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- Difficulty experiencing positive emotions
- Feeling emotionally numb

UNIT-III COMPLICATIONS

- Post-traumatic stress disorder can disrupt your whole life—your job, your relationships, your health and your enjoyment of everyday activities.
- Having PTSD may also increase your risk of other mental health problems, such as:
- Depression and anxiety
- Issues with drugs or alcohol use
- Eating disorders
- Suicidal thoughts and actions

UNIT-IV PREVENTION

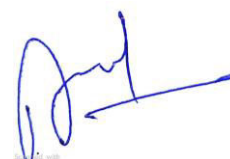
- After surviving a traumatic event, many people have PTSD-like symptoms at first, such as being unable to stop thinking about what's happened. Fear, anxiety, anger, depression, guilt—all are common reactions to trauma. However, the majority of people exposed to trauma do not develop long-term post-traumatic stress disorder.
- Getting timely help and support may prevent normal stress reactions from getting worse and developing into PTSD. This may mean turning to family and friends who will listen and offer comfort. It may mean seeking out a mental health professional for a brief course of therapy. Some people may also find it helpful to turn to their faith community.
- Support from others also may help prevent you from turning to unhealthy coping methods, such as misuse of alcohol or drug



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