

PTSD Transcript

Video transcript for SHARE

PTSD

When we look at trauma almost everyone will experience some level of symptoms right after the event and that's just normal and to be expected. It's when those symptoms don't diminish, they don't go away, and over a period of time they're still there or even increase. That's when we start looking at could this potentially be PTSD posttraumatic stress disorder. But a lot of times people can still have symptoms of trauma and not reach that full diagnostic criteria or they can meet the diagnostic criteria and then as they get treatment maybe they don't meet the criteria more but they still struggle with some of those ongoing symptoms. And so that's why it's very important and why we are going to go through all the difference symptoms someone may experience so that we can help identify them and understand them and then change our cultures to help people with them.

And so as we go through these symptoms it's especially important to remember that with children you have to look at a lot of their responses are dependent on their caregiving system and because of their developmental age in their development stages they're going through a lot of times their symptoms are going to look differently. And so as we discuss symptoms we want to keep in mind that age continuum. In the DSM 5 there are multiple diagnoses related to trauma and stress related disorders. While most of the time we talk about PTSD, it's also important to understand that many of those same symptoms are seen in acute stress disorder or in specified trauma and stress related disorders. This is why we focus on symptom clusters and not diagnostic specifics. The trauma symptom clusters we will be reviewing include intrusion symptoms, negative mood and cognition, dissociative, avoidance, and arousal.