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Psy 101

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PTSD

Post-Traumatic Stress Disorder, also known as “PTSD,” is a disorder people develop when they have been through some traumatic events that have harmed them or someone they know. This could be many different things such as natural disasters, serious car wrecks, and things that have threatened one's life. People that suffer from Post-Traumatic Stress Disorder often relive those traumatic experiences or have flashbacks of the memories that have traumatized them.

There are many symptoms of PTSD, they can range anywhere from intrusive thoughts, flashbacks of traumatic events that they have experienced. Sometimes the flashbacks can feel so real that people think that they're reliving that same moment. Post-Traumatic Stress Disorder can also occur with other conditions such as depression, substance abuse, and mental health problems. One who suffers from PTSD, may also experience problems with their cognition and mood. This may cause someone to not be able to remember the important things that happened in their traumatic experience. It can also lead to one having negative thoughts about themselves or even one trying to blame themselves for the trauma they've experienced.

PTSD may be triggered by specific stimuli which can lead to flashbacks. It could seem like you are going through it again. There are many triggers that can result in a PTSD episode, such as an odor, noise, or thoughts that remind you of the traumatic

experience. Knowing your triggers can help some people cope with their Post-Traumatic Stress Disorder.

When it comes to treatment for those who suffer from Post-Traumatic Stress Disorder, it varies from person to person. Not everyone who experiences PTSD needs psychiatric care. Some people experience PTSD symptoms that gradually get better or go away. Others improve with the assistance of support from family, friends or clergy. However, many PTSD sufferers require medical attention to overcome their psychological discomfort, which can be severe and incapacitating. It's critical to keep in mind that trauma can cause serious distress. PTSD is treatable, and the distress is not the person's fault. A person has a better chance of recovering if they receive treatment sooner.