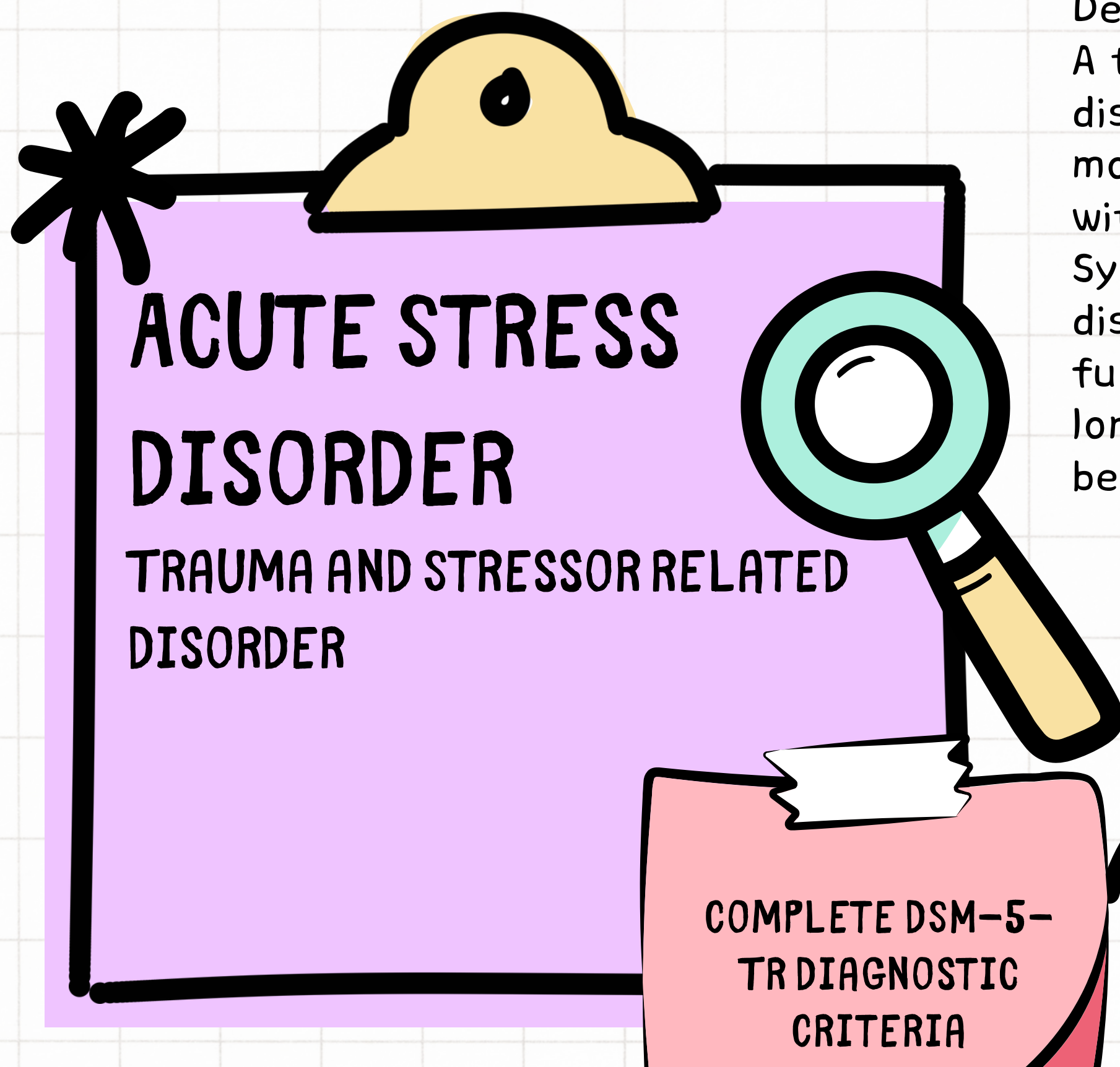




Definition
A trauma- and stressor-related disorder that develops 3 days to 1 month after experiencing or witnessing a traumatic event. Symptoms cause significant distress or impairment in daily functioning. If symptoms last longer than one month, PTSD may be considered.

CRITERION A

Exposure to trauma

- Actual or threatened death
- Serious injury
- Sexual violence

Exposure can occur through:

- Direct experience
- Witnessing the event
- Learning a loved one experienced trauma
- Repeated exposure to traumatic details (first responders)

CRITERION B

9 or more symptoms from the following categories:

Intrusion

- Intrusive memories
- Nightmares
- Flashbacks
- Emotional distress
- Physical reactions to reminders

Negative Mood

- Inability to experience positive emotions

Dissociation

- Feeling detached
- Altered sense of reality
- Memory gaps

Avoidance

- Avoid thoughts or feelings.
- Avoid people, places, or reminders.

Arousal

- Sleep problems
- Irritability
- Hypervigilance
- Difficulty concentrating
- Exaggerated startle response

CRITERION C

Symptoms last:
3 days per 1 month

CRITERION D

Symptoms cause clinically significant distress or impairment.

CRITERION E

Symptoms are not due to:

- Substance use
- Medical condition
- Another mental disorder

Examples of Traumatic Events

- Natural disasters
- Car accidents
- Physical assault
- Sexual assault
- Combat
- School shooting
- House fire
- Sudden death of a loved one

Evidence-Based Treatments

- Trauma-Focused CBT (TF-CBT)
- Cognitive Behavioral Therapy (CBT)
- Psychological First Aid (PFA)
- Stress Management
- Mindfulness
- Grounding Techniques
- Medication (SSRIs may be considered)

Common Assessment Tools:

- Acute Stress Disorder Scale (ASDS)
- Stanford Acute Stress Reaction Questionnaire (SASRQ)
- Clinician Interview
- Trauma History
- Mental Status Examination

Counselor Tips:

- Ensure safety first
- Normalize trauma responses
- Build coping skills
- Encourage social support
- Screen for suicide risk
- Monitor for PTSD symptoms.
- Refer when necessary

Helpful Resources:

- 988 Suicide & Crisis Lifeline
- Call or Text 988
- American Red Cross
- www.redcross.org
- National Center for PTSD
- www.ptsd.va.gov
- SAMHSA National Helpline
- 1-800-662-HELP (4357)