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Post-Traumatic Stress
Psychological Wellbeing Following
Adverse Life Events

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Overview

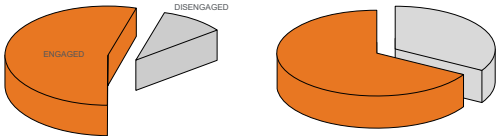
- Background
- Definition
- Vision for the future
- Treatment
- Resources & Opportunities
- Questions



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The Stress and the Human Operating System



Only 49% of top executives surveyed stated that they were engaged with their jobs—9% reported being disengaged

In 2003, more than half of the employees surveyed stated that stress was a major problem in their life—2x the number from the previous decade

No one is immune to the stresses and strains of life.

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Long Term Stress

When individuals don't control their stress:

- Anxiety
- Exhaustion
- Sudden rages
- Inability to concentrate
- Procrastination
- Poor decision making

The Effect of Long Term Sustained Stress on Performance

Performance

Intended Performance

Actual Performance

Healthy Tension

Breakdown

Fatigue

Exhaustion

Ill Health

Time Under High Stress

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The Extreme Situation - Combat

Physical Reactions	Behavioral Reactions	Cognitive Reactions	Emotional Reactions	Spiritual Reaction
<ul style="list-style-type: none"> • Fatigue • Pounding heart • Nausea • Exaggerated startle response 	<ul style="list-style-type: none"> • Jumpiness • Hyperactivity • Anger outbursts • Repetitive behaviors • Avoidance 	<ul style="list-style-type: none"> • Poor concentration • Confusion • Forgetfulness • Poor judgment • Self criticism 	<ul style="list-style-type: none"> • Initial euphoria • Relief • Anxiety • Fear • Guilt • Mood swings • Anger • Irritability 	<ul style="list-style-type: none"> • Moral injury • Loss of faith • Chronic anger at God & religious environment

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PTS - Focus

Family

Cultural/Social Environment

Genetics

Decision Junction

Positive Food Choices

Physical Activity

Mood & Stress Management

HEALTHY

Substance Misuse

Treatment Non-adherence

Chronic Disease

DECLINE

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Background

A horizontal timeline with seven orange circles connected by a line. Below each circle is text describing a historical event and its associated psychological impact.

The Trojan War	Homer, Sophocles, Herodotus, Thucydides, Virgil	Civil War Cardiac neurostenia	WWI Shell shock	WWII Battle fatigue	Vietnam war PTSD	1 st Gulf War Gulf War Syndrome
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DSM 5 – Post-Traumatic Stress Disorder

Criterion A	Criterion B	Criterion C	Criterion D	Criterion E
Exposure to situation that threatens death or serious injury	Intrusive symptoms	Avoidance symptoms	Alteration in cognition and mood	Increased trauma-related arousal behaviors – sleep, startle and self-destruction


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An Achievable Vision

Culture of support	Full continuum of care	
Appropriate resources	Regard for the whole person	

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Treatment



Psychological
Interpersonal

Biological
Medications –
SSRIs,
Alpha blockers,
Benzodiazepine

Social
Cognitive Behavioral,
Prolonged Exposure
Therapy



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Resiliency



Community


Resilience Policy
Inform Decision Makers
through Reports,
Briefings, Summaries

Community Resilience Benefits
Measure and Incentive
Communities

Community Resilience Resources
Assess and Prioritize
Resource Allocation
Control and
Data Security

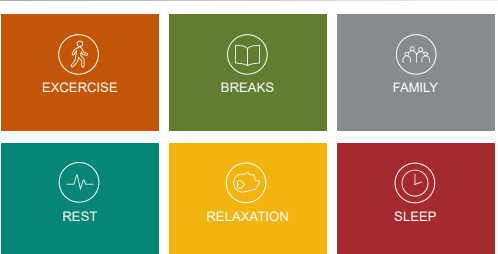
Community Resilience Research
Evaluate and Monitor
Resilience of Universities,
Campus of Excellence
and Independence
through Leaders

Community Resilience Practice
Develop Engage
Communities



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Development of rituals



EXERCISE

BREAKS


FAMILY

REST

RELAXATION


SLEEP

"Give yourself this sort of retreat as often as you need to, and use it to renew your spirit. Reminding yourself of your basic beliefs, principles, and values will be enough to refresh your soul and send you back into the world free from discontent with the things to which you return."
— Marcus Aurelius



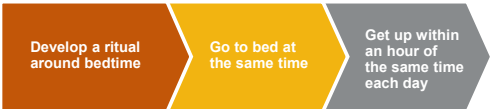
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Sleep




Sleep is as essential to health as nutrition.

Plan a sleep routine




Develop a ritual around bedtime → Go to bed at the same time → Get up within an hour of the same time each day

Sleep in intense darkness in a cool, well-ventilated, and wake up with lights

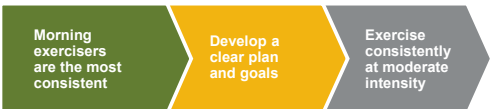


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Exercise



Exercise is essential to stress management and health




Morning exercisers are the most consistent → Develop a clear plan and goals → Exercise consistently at moderate intensity



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Family



Family should be a sanctuary

Family needs nurturing and care	Devote time for your family
<ul style="list-style-type: none">It is easy to take them for granted	<ul style="list-style-type: none">Schedule family timeBe engaged when you are with themStop checking emails during scheduled time



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Develop a Personal Philosophy of Acceptance


Unconditional Self Acceptance:
Learn to accept yourself while you strive for personal growth

- Everyone is a fallible human being
- Everyone often acts crazy and against his or her own best interests
- 50% of your happiness may result from biological make up
- 10% of your happiness is related to your circumstances
- Rate your behaviors but never rate yourself








Unconditionally Accept Others


- Rate behaviors not people

Have realistic appraisals of self, others, and the world

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Resources

 National Suicide Prevention 1-800-273-TALK www.suicidepreventionlifeline.org	 Veterans Crisis Line 1-800-273-8255 PRESS 1 U.S. Department of Veterans Affairs	 Wounded Warrior woundedwarriorproject.org	
 Primary Care Provider	 Chaplains	 Mental Health Provider	 Liveandworkwell.com


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Summary

 Subjective well-being	 Successful performance	 Ability to adapt	 Productive relationships
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Contribution to community


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Self Assessment


Young Ms. Romanov

- A single mother of three children presents with her youngest daughter with concerns that she is withdrawn and at time "moody." She is 8 years old and has been unwilling to go to school and often hides when family is getting ready for school. She was adopted from an orphanage in an Eastern European country. At home, along with the isolative behavior, there are periods where she has unexplained episodes of anxiety, panic and irritability. What would be the most likely diagnosis to consider?
 - a. Autism spectrum disorder
 - b. Reactive attachment disorder
 - c. Dissociative disorder
 - d. Generalized anxiety disorder
 - e. Attention deficit hyperactivity disorder

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OIF Veteran

- A 32 y.o. Operation Iraqi Freedom veteran presents with persistent combat-related nightmares. He has been treated by his primary care physician with Prozac for depressive symptoms. His wife is concerned because the nightmares are now waking her up at night as well. Which medications may help to alleviate this disturbing symptom?
 - a. Haloperidol
 - b. Lorazepam
 - c. Prazosin
 - d. Zolpidem
 - e. Olanzapine

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Attacked in the Dark

- A 24 y.o. woman presents with sexual trauma related flashbacks and nightmares. She does not wish to be on medications at this time. She is willing to consider "talk therapy" at this time. Which form of psychotherapy has most evidence for effectiveness for this condition?
 - a. Debriefing
 - b. Cognitive behavioral therapy
 - c. Interpersonal therapy
 - d. Psychodynamic therapy
 - e. Psychoanalysis

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Joe College

- A 18 y.o. male returns home after his first semester in college. He reveals that he was attacked by a drunken roommate one night. He appears withdrawn, sad and has little interest in family activities during the Holiday season. His concentration on studies at school was poor. He states that his sleep is good and has had a good appetite. What is the most likely diagnosis?
 - a. Major depressive disorder
 - b. Posttraumatic stress disorder
 - c. Acute stress disorder
 - d. Adjustment disorder with depressed mood
 - e. Generalized anxiety disorder


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CISM

True or False

Debriefing is contraindicated in the acute treatment of trauma exposure?


True

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Questions

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Thank you

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