

Nearly everyone experiences a range of reactions during and after a traumatic situation, including fear. Fear is a natural response that triggers many split-second changes in the body to help defend against danger or to avoid it. This “fight-or-flight” response is a typical reaction meant to protect a person from harm. Many people naturally recover from initial post-trauma symptoms, and those who continue to experience problems or have difficulty readjusting may be diagnosed with a Stress or Trauma disorder. Persons with Stress or Trauma disorders do not experience all the same symptoms. The severity, frequency, and duration of symptoms can vary depending on the individual and their particular environment, past trauma exposure and current stressors, and neurochemistry.

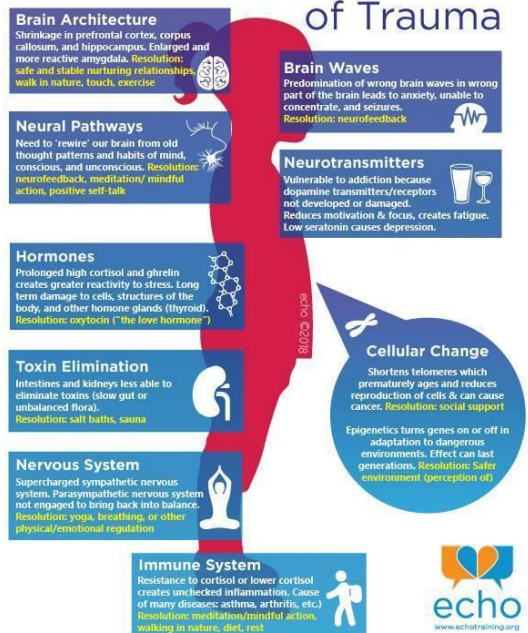
There are several different types of stress and trauma disorders including: Adjustment Disorders, Acute Stress Disorder, and PTSD (Post Traumatic Stress Disorder). Stress disorders can worsen with substance abuse, some medications, and some medical disorders. PTSD can manifest shortly after a traumatic event or years later from a triggering event, and can be chronic and complex. Some examples of traumatic event experiences that may develop into PTSD include: sexual or emotional abuse and neglect, sexual and physical assaults, domestic violence or experiencing infidelity, natural disasters, accidents, violence or victim of a crime, experiencing combat situations, terrorist attacks, and witnessing death.

People with prolonged or current trauma history and those with PTSD may look perfectly calm at times, but when they’re triggered by a sound, a specific phrase, smell, image, place, or situation, their brains and bodies can go off-line, and they may experience anxiety attacks, depressive episodes, and have flashbacks or nightmares. People who have PTSD may feel stressed or frightened even when they are not in danger. This can be a severely debilitating condition that can cause a downward spiral into isolation, withdrawal and depression, unrelenting grief, unhealthy guilt and shame, substance abuse, domestic violence, medical disorders, and job loss.

PTSD Signs and Trauma Symptoms can include:

- Restlessness, being “wound-up”, “keyed-up,” or on-edge
- Hypervigilance (waiting on-cue for danger)
- Difficulty concentrating, remembering details, and making decisions, or the mind may “go blank.”
- Feelings of guilt, worthlessness, or helplessness
- Irritability, agitation, restlessness, anger and excessive aggressive reactions to seeming minor things
- Avoidance of situations that remind you of the event(s)
- Marked anxiety or intense fear around specific objects or/and situations
- Fatigue and decreased daily energy
- Loss of interest in activities or hobbies once pleasurable
- Sleep disturbance (difficulty falling or staying asleep or restless, unsatisfying sleep)
- Overeating, or appetite loss
- Recurrent thoughts that you’re dying, or fear of dying or “going crazy” or losing control
- Difficulty controlling fear and worry
- Feeling guilty, isolated, and misunderstood
- Intrusive, recurring images, memories and/or dreams
- Prolonged grief, psychological distress or negative emotional state, dissociative reactions, and flashbacks
- Loss of time, memories, or specific details of the trauma
- Persistent negative beliefs about self, others, and/or the world
- Emotional numbing, substance abuse, and sometimes suicidal thoughts/actions
- Aches or pains, headaches, stomach or digestive/elimination problems that do not ease even with medical treatment, hormonal issues, brain, nervous system and immune system changes

Physical Impact of Trauma



When you are suffering from a Stress disorder, it interferes with daily life. It can rob you of the ability to enjoy your life and feel connected to meaningful events. Stress disorders are common and correlate with anxiety, depression, substance abuse, inflammation and somatic issues. With the proper diagnosis and treatment, things can improve. Medications, psychotherapies, diet, and other methods can effectively treat people with trauma and Stress disorders. Trauma and PTSD relief is available- **I can help you develop an effective, customized plan, access additional care, offer encouragement, empowerment, and put you on-track to feeling calmer, safe, having hope, and that life is more manageable and satisfying.**

Trauma and PTSD Treatment Plans may include:

- Building rapport and safety inside and outside of the therapy space.
- Identifying your current symptoms and triggers.
- Teaching relaxation, emotional and physiological regulation techniques.
- Honoring How your Body and Emotions Influence and Respond to one another.
- Start working toward a plan for improvement one-step-at-a-time. The best way to do this is building and accessing supports, noticing and changing negative patterns, building positive coping skills, processing stressors/trauma to reduce relapse (inc. but not limited to [Art Therapy](#), [Brainspotting](#), and [EMDR](#)).