



ISD Virtual Learning

**Psychology-Post Traumatic
Stress Disorder (PTSD)**

April 14th, 2020



Psychology

Lesson: April 14, 2020

Objective/Learning Target:

Students will understand causes and signs/symptoms of PTSD.

Warm Up

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.



Reliving or re-experiencing the event

- Nightmares
- Flashbacks
- Triggers



Hyperarousal or being on guard

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable



Avoidance

- Avoiding crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event



Negative changes in beliefs and feelings

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

The graphic states that PTSD happens after a traumatic event. Make a list of 3-5 items traumatic events someone might experience and then develop PTSD.

Lesson Activity

Read the text and notes to help answer questions

[Link to Notes](#)

[Notes 2](#)

well, even if it is only avoiding the cracks on a sidewalk. Obsessive-compulsive disorder does run in families, so there may be a possible genetic basis. Although most people with obsessive-compulsive disorder realize that their thoughts and actions are irrational, they feel unable to stop them.

POST-TRAUMATIC STRESS DISORDER

Post-traumatic stress disorder is a condition in which a person who has experienced a traumatic event feels severe and long-lasting aftereffects. This disorder is common among veterans of military combat and survivors of acts of terrorism, natural disasters such as floods or tornadoes, other catastrophes such as plane crashes, and human aggression such as rape and assault. The event that triggers the disorder overwhelms a person's sense of reality and ability to cope. The disorder may begin immediately after the occurrence of the traumatic event or it may develop later. Typical symptoms include involuntary flashbacks or recurring nightmares during which the victim reexperiences the ordeal, often followed by insomnia and feelings of guilt. Post-traumatic stress disorder can be extremely long-lasting. Studies show that survivors of Nazi concentration camps and soldiers returning from war may display symptoms decades after the traumatic event. Not everyone who experiences a traumatic event, though, develops post-traumatic stress disorder. People who are exposed repeatedly or over a long period of time to distressing conditions are more likely to develop the disorder. Social support, as discussed in Chapter 15, may protect a victim of trauma from the psychological aftereffects.



Figure 16.7 Trauma and Stress

Thousands of ethnic Albanians from Kosovo fled to escape the war in 1999. Here they clamor for food in a refugee camp. **How might war cause someone to develop post-traumatic stress disorder?**

post-traumatic stress disorder: disorder in which victims of traumatic events experi-

Practice

1. What are the 5 traumatic events that can cause PTSD according to the text?
2. What are symptoms associated with PTSD?
3. What is helpful to a victim of trauma?
4. PTSD is defined as an anxiety disorder under which volume of the DSM?

Answer Key:

1. Combat, Terrorism, natural disasters, plane crashes, rape/assault
2. Flashbacks, nightmares, social withdrawal, reliving events, depression
3. Social support (talk/group therapy)
4. Volume 4

More activity: PTSD - Living Life After War: a case study

Watch the case study here about Lt. Col. Ken Gillis and answer the questions on the next slide

<https://www.youtube.com/watch?v=4pukREJIDGQ>

Assignment:

Watch the case study here about Lt. Col. Ken Gillis and answer the questions below:

1. What kind of situations made Lt. Col. Gillis uncomfortable after his military service?
2. What time-frame of treatment was needed to improve his anxiety regarding PTSD?
3. How long did Lt. Col. Gillis struggle with PTSD before he began the healing process?

Answers:

Watch the case study here about Lt. Col. Ken Gillis and answer the questions below:

1. What kind of situations made Lt. Col. Gillis uncomfortable after his military service? He mentions cars near entrances, people loitering, having his back to entrances.
2. What time-frame of treatment was needed to improve his anxiety regarding PTSD? Dr. Rothbaum explained that it really doesn't take that long. Anywhere between 6-12 sessions.
3. How long did Lt. Col. Gillis struggle with PTSD before he began the healing process? He struggled for about a decade before getting involved with the Emery program that helped his PTSD.

Reflection

Extra practice with a Quizizz Game.

[Game Link](#)

Additional Sources

Check out these links for more information on this topic.

PTSD Causes, Signs, Symptoms,
Diagnosis, Treatment (5:19)

<https://www.youtube.com/watch?v=aAvZPaDIwR0>

The Psychology of Post-traumatic Stress
Disorder (5:12)

https://www.youtube.com/watch?v=b_n9qegR7C4