

PINPOINTING TRAUMA

We typically understand Post Traumatic Stress Disorder (PTSD) as a general response to a traumatic event. Usually we talk about it in a generalised manner (the car crash, his time in Afghanistan, the labour, the rape).

However, the traumas involved in PTSD are incredibly specific and if we are to support and improve the symptoms of PTSD we must understand the specific moments that have been the most traumatic for us.

It will be a series of split second events characterised typically only by sights, tastes, sounds and feelings.

INSIGHT

THIS IS ACUTE TRAUMA

A worksheet to help understand how post traumatic stress disorder can present itself as part of an acute trauma response.

UNDERSTANDING PTSD

Post-traumatic stress disorder is a mental health condition caused by a traumatic experience.

Symptoms of post-traumatic stress disorder include flashbacks, nightmares, feeling very anxious and difficulty sleeping.

The main treatments for post-traumatic stress disorder are antidepressants and talking therapies.

Any situation that a person finds traumatic can cause post-traumatic stress disorder. Examples include a road accident, an assault and childbirth.

Worksheet Activity

Find a safe, quiet space and make sure you feel comfortable. This activity is likely to be emotive. You may want to have a sleep, a walk or a cuppa with a friend once you've finished.

Start by brainstorming your trauma in any form you find comfortable (eg - mind map, list, flowchart)

For each main point recreate the process until you reach specific, emotive moments and make a list of your 'pin point' traumas to reflect upon.

For help in an emergency, contact 999. If you would like more information please visit www.thisisacutetrauma.com or follow @acutetrauma on social media.

POSSIBLE TRAUMA TRIGGERS

- When you first hear about the death of someone you care about
- Seeing headlines in the newspaper
- Viewing horrible footage on social media
- Hearing a piece of emotive music
- Finding details via a court case
- Seeing a coffin
- Witnessing the response of other mourners (close family, usually)
- Sharing your experiences with others
- People's reactions to your experiences