

What is a traumatic incident (PTSD)?

A traumatic incident can be anything that is out of the ordinary range of daily events and is deeply distressing to someone. One presentation of trauma is Post-Traumatic Stress Disorder, often referred to PTSD.

Many things can have this impact. It could be a fire, an accident, a robbery or burglary, an attack or being witness to a traumatic event such as a death. It can be large scale such as major disaster involving many people or a personal event involving yourself, friends or family members.

When does PTSD first occur?

PTSD is diagnosed when symptoms last more than one month after they begin.

Trauma (including PTSD) can be accompanied by depression, substance abuse, and/or anxiety disorders. The likelihood of success with treatment is increased when these other conditions are appropriately identified and treated as well.



How do people react after a traumatic incident?

The following are some of the reactions that may be experienced at some point after a traumatic event. In general, people's reactions will fall into the following groups:

- Re-experiencing the trauma in the mind – bad dreams, nightmares and flashbacks
- Avoiding things to do with, or related to the trauma – thoughts, conversations, feelings, people, places, memory loss
- Feeling more tense, irritable or over-alert than usual
- Feeling depressed, crying but not understanding why
- Having a lot of physical sensations when reminded about the event - heart races, sweats, difficulty breathing, feeling faint, loss of control

Common symptoms after the event

- Loss of interest in, or just not doing those things that you used to do
- Feeling detached from people; finding it hard to trust people
- Feeling emotionally 'numb' and finding it hard to have loving feelings even toward those with whom you are emotionally close

- Difficulty in falling or staying asleep
- Increased irritability and problems with anger management
- Difficulty in concentrating
- The person may feel that they may not live very long and feel there's no point in planning for the future
- Feeling jumpy and getting startled easily
- Unable to relax and always feeling 'on guard'

Physical and emotional problems since the event


- Aches and pains
- Stomach upsets
- Sleep problems
- Skin problems
- Irritability
- Feeling depressed
- Lack of energy or fatigue
- Increased use of alcohol or other substance misuse problems
- General anxiety or panic attacks

If you experience most of the above it is important for you to let your doctor know and they will refer you to appropriate services.

Counselling

Counselling will provide the opportunity to talk on a one to one basis with a professionally trained counsellor who will support you to remember and process your traumatic experiences. This can result in the individual feeling less distressed and having a greater sense of control.

“New Life Counselling is a voluntary counselling organisation committed to supporting the emotional health and wellbeing needs of its clients through the provision of counselling and therapeutic services for children, young people, adults and families.”



“We will help people explore their personal experiences of trauma and progress towards healing”

Standards

New Life Counselling employs trained counsellors who are accredited by a recognised professional body. All of the counsellors work within the ethical framework of their professional body.

Contact Details

For further information or to make a referral, please contact:

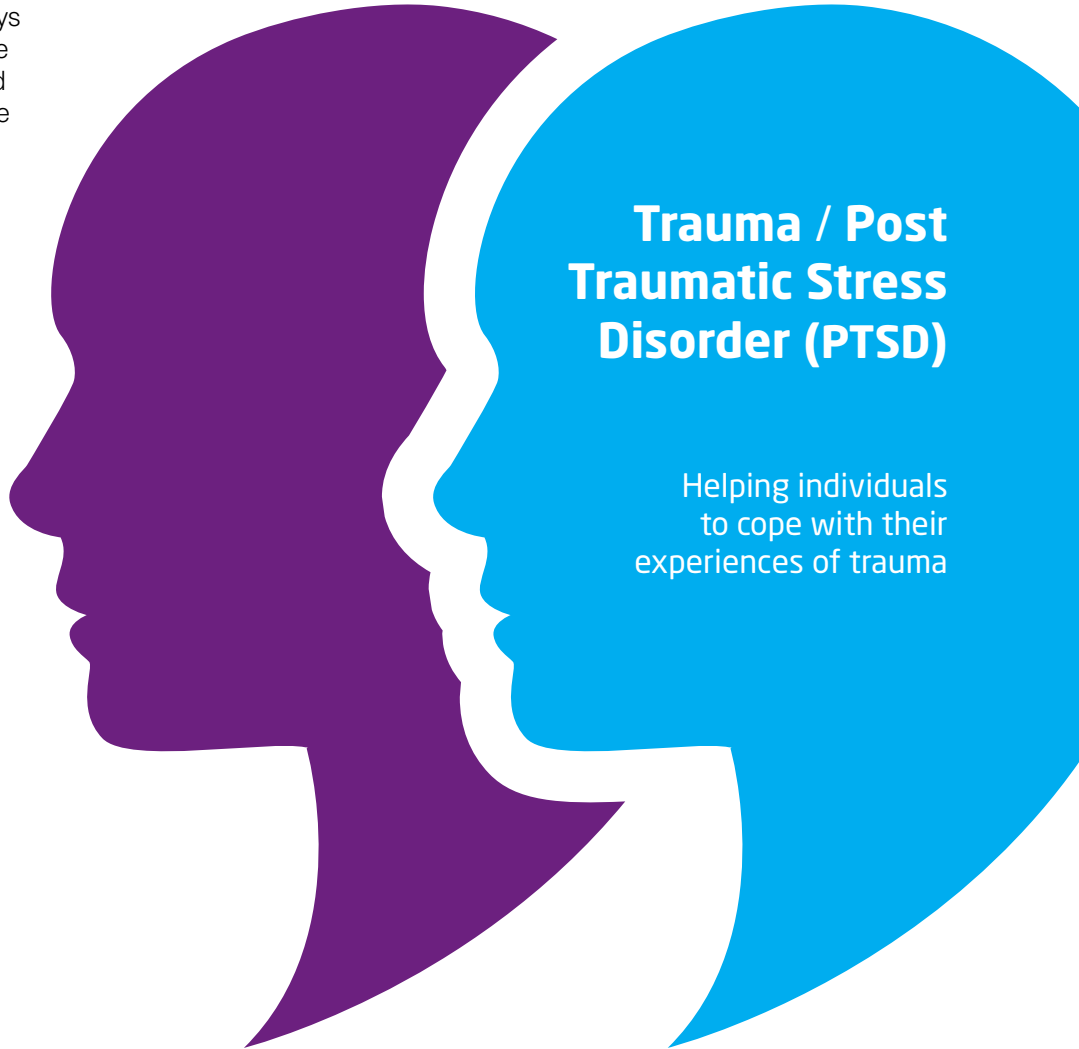
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Trauma / Post Traumatic Stress Disorder (PTSD)

Helping individuals to cope with their experiences of trauma