WHAT IS PTSD?
POSTTRAUMATIC STRESS DISORDER, A SEVERE ANXIETY DISORDER THAT DEVELOPS FOLLOWING EXPOSURE TO EXTREME PSYCHOLOGICAL TRAUMA. THROUGHOUT HISTORY, PTSD HAS BEEN KNOWN AS BATTLE SHOCK, BATTLE FATIGUE, STRESS-INDUCED SHOCK, SHOCK TROUPE, BATTLE FATIGUE, AND TRAUMATIC WAR NEUROSIS.

WHAT IS A TRAUMATIC EVENT?
- WITNESSING DEATH OR INJURY
- PHYSICAL ASSAULT
- COMBAT
- SEXUAL ASSAULT
- ACCIDENTS
- NATURAL DISASTERS
- CHILD SEXUAL ABUSE

WHAT ARE SYMPTOMS OF PTSD?
- NUMBNESS
- BAD MEMORY
- NIGHTMARES
- NOISES
- VISIONS
- GUILT
- HOPELESSNESS
- NO FOCUS
- HALLUCINATIONS
- ANGER
- SELF-Destruction
- SHAME

WHAT CAUSES PTSD?
- DIRECT EXPOSURE TO TRAUMA
- AS A VICTIM OR WITNESS
- SERIOUS HARM DURING A TRAUMATIC EVENT
- FEELING HELPLESS DURING A TRAUMATIC EVENT
- BELIEF THAT YOU OR A CLOSE RELATIVE WERE IN DANGER DURING A TRAUMATIC EVENT
- EXPERIENCING A TRAUMA THAT WAS LONG-LASTING OR VERY SEVERE

HOW IS PTSD TREATED?
- THERE IS NO SPECIFIC MEDICATION FOR PTSD BUT PSYCHOLOGICAL TREATMENT HAS BEEN SHOWN TO REDUCE SYMPTOMS
- THE MOST COMMON TREATMENT IS COUNSELING AND INTERVENTION THERAPY PROVIDED BY A THERAPIST
- SOCIAL WORKERS HELP THOSE WHO SUFFER FROM PTSD NAVIGATE THEIR ENVIRONMENT AND GUIDE THEM TO FURTHER RESOURCES

NOTE OF INTEREST
- A STUDY ESTIMATED THAT 4% OF U.S. SOLDIERS WOULD RETURN FROM IRAQ AND AFGHANISTAN WITH PTSD. AND TOO NEW FOR VETERANS TO RECEIVE TREATMENT

NOTE OF INTEREST
- ONE OF THE FIRST DESCRIBITIONS OF PTSD WAS MADE IN 1918 IN A MEDICAL REPORT OF 149 AFRICAN AMERICAN SOLDIERS DURING WWI AFTER WITNESSING THE DEATH OF A FELLOW SOLDIER.