

Trauma- and Stressor-Related Disorders

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1. Overview

- These disorders develop following exposure to a traumatic or highly stressful event.

2. Post-Traumatic Stress Disorder (PTSD)

- Intrusive memories/flashbacks, avoidance of trauma reminders, negative changes in mood/thinking, and hyperarousal (being easily startled, on edge).

3. Acute Stress Disorder

- Similar symptoms to PTSD but occurring within one month of the traumatic event.

4. Adjustment Disorders

- Emotional or behavioral symptoms in response to an identifiable stressor (e.g., job loss, relocation) that are disproportionate to the stressor.

5. Risk and Resilience Factors

- Prior trauma history, social support, and coping style all influence whether someone develops a disorder after a stressful event.

6. Treatment

- Trauma-focused CBT, EMDR (Eye Movement Desensitization and Reprocessing), and in some cases medication for co-occurring symptoms.