

The Self Help Trauma Recovery Guide Ptsd

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A self help trauma recovery guide - information for trauma survivors suffering from Post Traumatic Stress Disorder (PTSD). Post-traumatic stress disorder (PTSD) is a psychological and physical condition that is caused by very frightening or distressing events. It occurs in up to 30 of people who experience traumatic events. People who go through traumatic experiences often experience a diverse range of symptoms and problems afterward. PTSD can occur after experiencing or witnessing traumatic events such as: military combat, serious road accidents, terrorist attacks, natural or man-made disasters, being held hostage, violent deaths, and violent personal assaults, such as sexual assault, mugging or robbery. PTSD may also occur in any other situation where a person feels extreme fear, horror or helplessness. However, it does not usually develop after situations that are upsetting, such as divorces, job losses or failing exams. Someone with PTSD often relives the traumatic event through nightmares and flashbacks. They may also have problems concentrating and sleeping, and feel isolated and detached. These symptoms are often persistent and severe enough to have a significant impact on a persons day-to-day life. Because most trauma survivors are not usually familiar with how trauma affects people, they often have trouble understanding what is happening to them. They may not know what to do to get better. Tags: disorder

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