

# Do You Think That You, Or Someone You Know, Is Suffering From Post Traumatic Stress Disorder (PTSD)?

PTSD is a group of symptoms which can manifest after an individual experiences a significant traumatic event (or events) or a period of significant ongoing stress and anxiety such as may arise in a domestic violence situation, the most common cause of PTSD.

PTSD is most commonly associated with soldiers returning from war torn areas, however, it is a condition that is also suffered by civilians across a wide range of professions including emergency service workers, police and ambulance workers. It can also affect people who have been involved in accidents or weathered the effects of a natural disaster.



## Help Is A Phone Call Away

Seachange Psychology is a local practice that provides the latest strategies to treat PTSD. Owner and Practising Psychologist, Cris Jones has over 32 years of experience supporting people dealing with life changing events. His specialist skills and knowledge enable him to implement the techniques that have been shown to have significant success in treating PTSD.



For more information,  
go to [www.seachangep psychology.com.au](http://www.seachangep psychology.com.au) or call Cris today  
for a confidential conversation on 4041 4147.

# Could You Have PTSD?

PTSD can present itself in a number of ways and sometimes sufferers may not recognise the symptoms or recognise that something is wrong.

PTSD symptoms typically involve:

## **Flashbacks of the traumatic event**

- Intrusive, upsetting memories of the event
- Flashbacks (acting or feeling like the event is happening again)
- Nightmares (either of the event or of other frightening things)
- Feelings of intense distress when reminded of the trauma
- Intense physical reactions to reminders of the event such as a pounding heart, rapid breathing, nausea, muscle tension and sweating

## **Avoidance and numbing**

- Avoiding activities, places, thoughts or feelings that remind you of the trauma
- Inability to remember important aspects of the trauma
- Loss of interest in activities and life in general
- Feeling detached from others and emotionally numb
- Sense of a limited future (you don't expect to live a normal life span, get married or have a career)

## **Increased anxiety and emotional arousal**

- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hypervigilance (on constant 'red alert')
- Feeling jumpy and easily startled

The effects of PTSD are devastating to both individuals and the people in their lives. Irritability, outbursts of anger, nightmares, emotional withdrawal and social isolation are all PTSD symptoms that can have destructive consequences on individuals and their families if assistance is not sought.

If you are concerned that you may have PTSD, call Cris Jones from Seachange Psychology today on 4041 4147 for more information and advice on treatment options.

