

# Trauma, PTSD, Traumatic Loss

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## **TRAUMA**

### Introduction to Assessment

As we begin this seminar we look at how the characteristics of the crisis event are used in the formulation of a traumatic response. These combined with experiences of the client as early as the third trimester in prenatal development play a significant role in the traumatic reaction. This section of the presentation also looks at the history, statistics, and diagnosis of PTSD, the diagnosis of Acute Stress Disorder, and the proposed DSM – V criteria for PTSD, ASD.

## **TRAUMA AND THE BRAIN, BODY, MIND**

This section of the presentation looks at the body's hormonal response to trauma (HPA axis), and trauma's affect on the neuro-structure and the neuro-chemistry of the brain and body. How the mind perceives the trauma directly affects brain function, which determines the neuro-chemical reaction in the body, determining physical reaction and behavior. Therefore we also consider how the client integrates the traumatic event into their mind.

## **LOSS AND GRIEF**

A loss does not have to be traumatic for the client's grieving to have traumatic elements. Looking at a normal grieving processes and identifying elements of trauma within it allows the seminar participant to understand TRAUMATIC GRIEF. To that end topics including Tasks of Mourning, re-grief, multiple loss and multiple trauma, as well as common issues of guilt and forgiveness as related to grief are presented.

## **TRAUMATIC LOSS**

The three most common types of traumatic loss are discussed in this section of the seminar; homicide, suicide, and accident . The client who has lost a loved one in any of these specific ways has needs that are also specific to that type of loss. Information on the specific needs of a survivor of sudden loss in general are also presented.

## **FINAL THOUGHTS**

The seminar wraps up the topic of assessment by looking at the role of a client's Coping Styles in recovering from trauma, assisting the client in making a coping skills inventory, and discussing Maslow's Hierarchy of Needs from the perspective of trauma.

## **CHILDREN AND TRAUMA/GRIEF**

This section of the seminar looks specifically at how a child integrates trauma into their conceptual structure, how to best support a child experiencing trauma, and how to know what a child understands about death and grief. A model for each of these topics is presented.

## **IMMEDIATE INTERVENTIONS**

Interventions for treating traumatic response and PTSD are presented considering the three ways in which the client is affected; psycho/emotional, physical and spiritual. The clinical interventions for the psycho/emotional responses include Complicated Grief Therapy, Gradual Exposure Therapy and Bi-lateral Interventions. The interventions for the client's physical reactions to trauma include Neuro-vascular Stimulation, Stress Inoculation Therapies, and Hormonal Response Techniques. Interventions concerned with the spiritual affect of the trauma on the client include assisting the client in rebuilding their Core Beliefs, defining their Expectation of God, and assisting in the process of the client assignment of value to the event and its aftermath.