



What Is PTSD? The Realism

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The Clinical Definition

Post-Traumatic Stress Disorder (PTSD) is a term for certain psychological consequences of exposure to, or confrontation with, stressful experiences that the person experiences as highly traumatic.





The Clinical Definition cont.

The experience must involve actual or threatened death, serious physical injury, or a threat to physical and/or psychological integrity.





The Clinical Definition cont.

It is occasionally called post-traumatic stress reaction to emphasize that it is a routine result of traumatic experience rather than a manifestation of a pre-existing psychological weakness on the part of the patient.





My Definition as a Sufferer

PTSD is an entirely normal reaction to an abnormal amount of stress. Having PTSD does not mean you're mentally ill, nor does it mean that you are weak or somehow deficient.





My Definition as a Sufferer cont.

Instead, think of it this way; no matter how strong your leg bones, if enough force is applied, they will break. Given the proper care, they will heal; and so can you.





My Definition as a Sufferer cont.

In some cases a leg may be so damaged that it may never return to its original state. Your losses may be similarly enormous, however; with support you can find ways of coping with your permanent loss and discover new talents to develop and new reasons for living.





Impact Statements

PTSD Is Not Curable

- No medical cure currently exists





Impact Statements

PTSD Is a Killer

- Anxiety, Stress and Depression will kill you earlier if left uncontrolled





Impact Statements

PTSD Can Be Controlled

- Trauma must be healed, then PTSD management must be learnt





Impact Statements

PTSD Is Not PTS

- Post Traumatic Stress (PTS) is suffered by all humans for expected life events
- Post Traumatic Stress Disorder (PTSD) is suffered by only a small percentage exposed to abnormal life events





T-HELL WITH THE DOG - BEWARE OF OWNER

Impact Statements

PTSD Does Impact Family

- Those exposed to PTSD will be impacted emotionally





Impact Statements

PTSD Can Not Be Buried

- No amount of substance abuse or medication will suppress PTSD





Impact Statements

PTSD Does Not Mean Mental

- PTSD is a chemical imbalance between the right and left brain hemispheres





Impact Statements

PTSD & Trauma Are Not One

- Trauma creates PTSD, though once created, they are unique entities





T-HELL WITH THE DOG - BEWARE OF OWNER

Conclusion

PTSD is not to be feared, it is to be fought and controlled. PTSD is with you for life, you get to decide though whether you treat it and live life, or ignore it and survive life.

