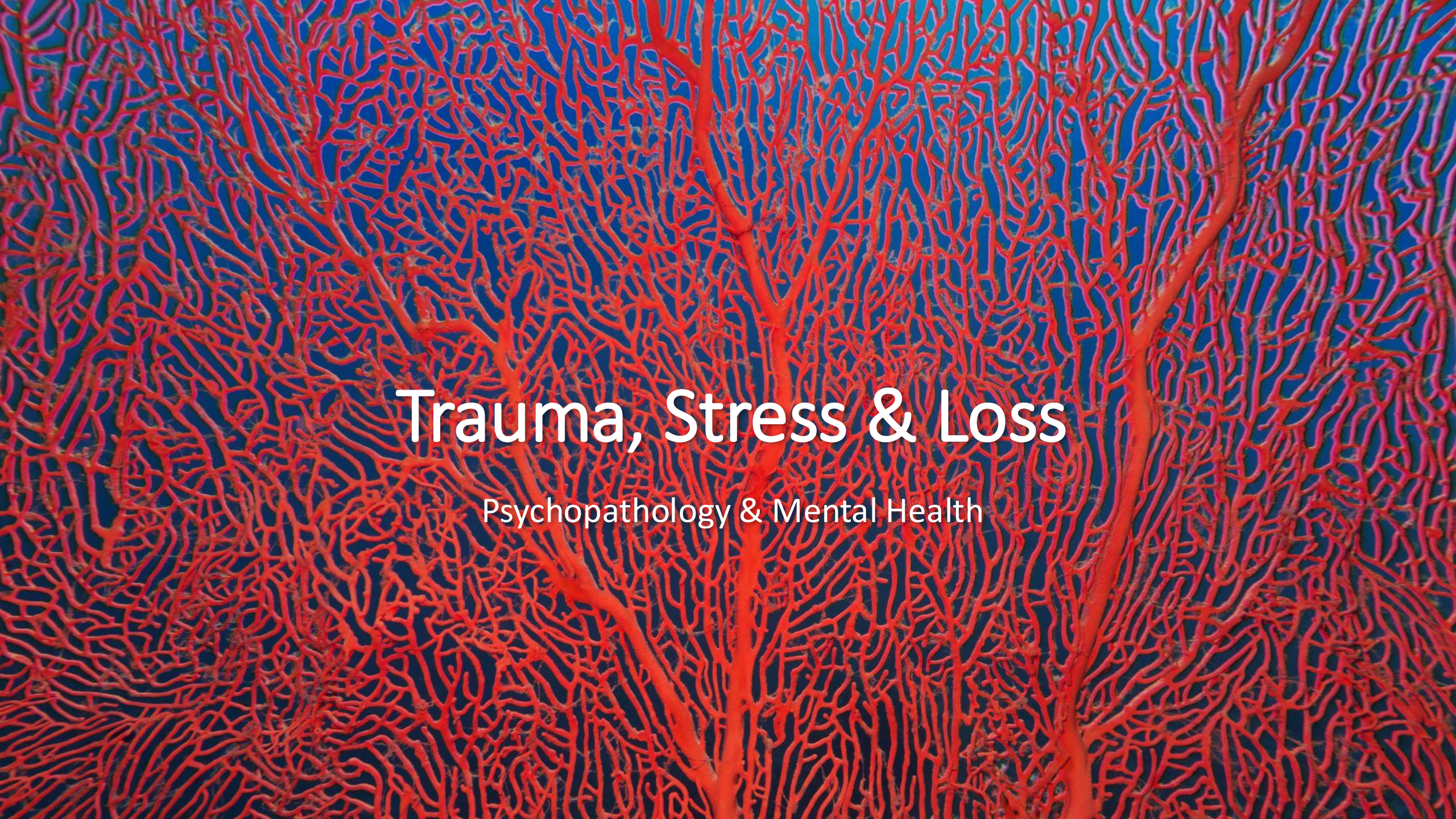




Trauma, Stress & Loss

Psychopathology & Mental Health

Overview

Trauma: actual or threatened death, serious injury or sexual violence

Stress: feeling overwhelmed, worried or run down

General adaptation syndrome (GAS)

Bereavement and grief

Bereavement: recent loss of a significant person due to death

Grief: emotional response to bereavement, both emotional and physical



Dissociation

Dissociation in response to trauma, stress, and bereavement

Dissociation: detachment from experience

- Derealization
- Depersonalization
- Amnesia is common



Diagnostic Perspectives

Trauma and stress disorders

Posttraumatic stress disorder (PTSD)

Experience significant psychological difficulty after trauma

Reliving the event through dreams and flashbacks

Complex PTSD

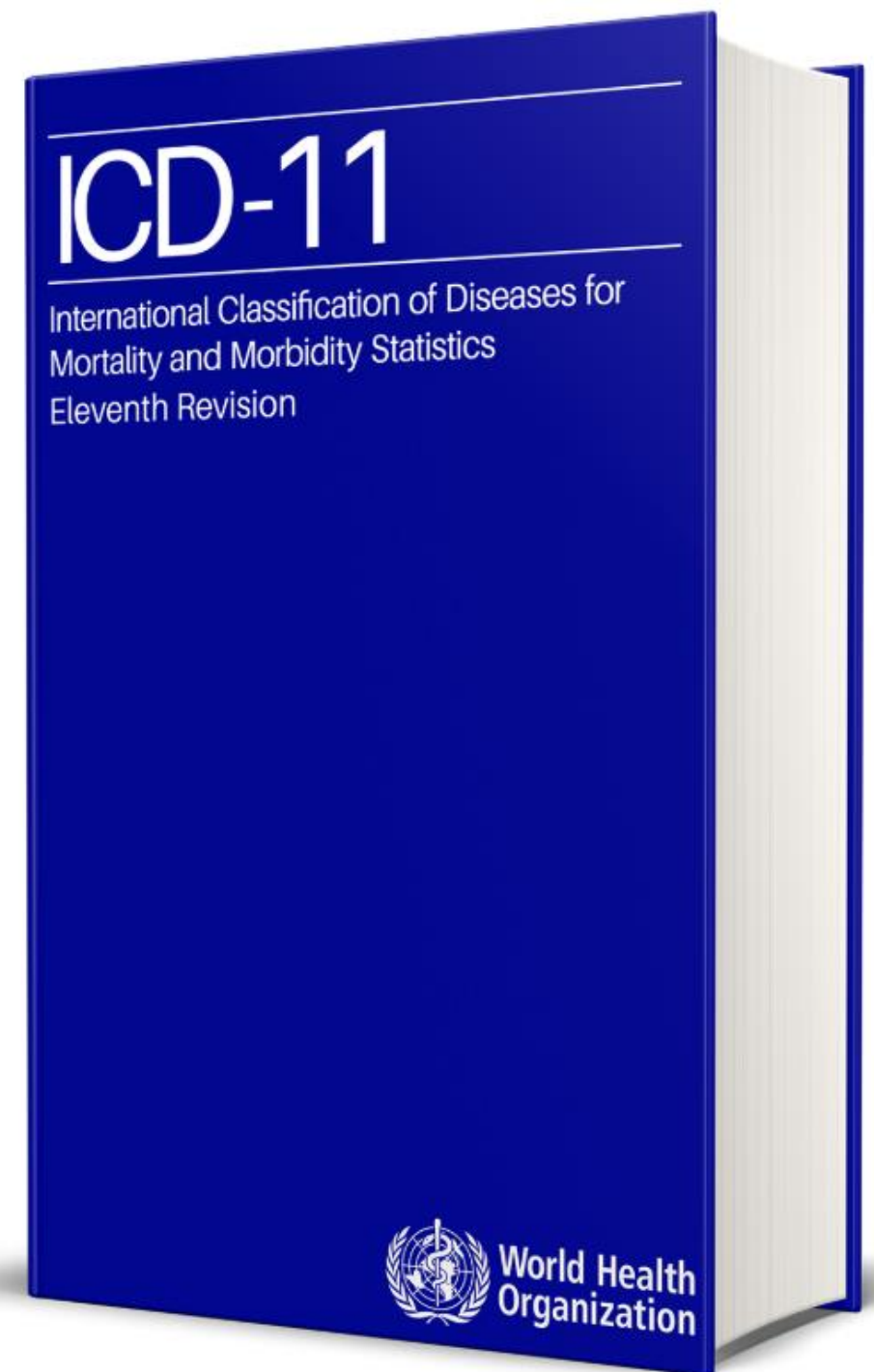
Prevalence

Vulnerability paradox

Acute stress disorder/reaction

Adjustment disorders – emotional reactions to milder circumstances

Prolonged grief disorder



Diagnostic Perspectives

Evaluating DSM and ICD perspectives

- New trauma- and stressor-related disorders chapter as of DSM-5

 - Where to locate PTSD in DSM has long been controversial

 - Does not classifying PTSD as an anxiety disorder undermine research trying to identify its underlying fear mechanisms?*

- PTSD as expectable reaction, not disorder

- Adjustment disorder as waste-basket diagnosis

 - Too nebulous

- Should prolonged grief be a disorder?

 - Does it pathologise normal grief? What is “normal” grief?

Other Diagnostic Perspectives

PDM-2

- Patient-therapist relationship is mechanism to work through trauma

HiTOP

- PTSD an internalizing, thought disorder, and externalizing

PTMF

- Power: What happened to you
- Threat: How you responded
 - Bullying, neglect, sexual and physical abuse, violence at home, emotional abuse

Historical Perspectives

- Early descriptions of trauma
 - 1666 Great fire of London
 - U.S. Civil War
- Traumatic neurosis
 - Hysterical neurosis
- Precursors to PTSD: War neurasthenia and shell shock
 - War neurasthenia: weak nervous system deemed unable to handle the challenges of combat

NEURASTHENIA CURED BY ELECTRICITY.

WONDERFUL CURES OF NERVE WEAKNESS, DEBILITY, AND NERVOUS DYSPEPSIA.

TO-DAY, war-time conditions are causing a serious increase in Neurasthenia and other nervous and Functional disorders.

The symptoms of Neurasthenia are many and varied. They are mainly mental or nervous, and often the victim is quite unaware of the fact that he or she is travelling rapidly towards Nervous Exhaustion and Nervous Prostration.

HAVE YOU ANY OF THESE

SYMPTOMS?

Are you Nervous, Timid, or Indecisive?
 Do you lack Self-Confidence?
 Do you dread Open or Closed Spaces?
 Are you wanting in Will Power?
 Are you "Fidgety," Restless, or Sleepless?
 Do you Blush or Turn Pale readily?
 Do you shrink from Strange Company?
 Are you subject to sudden Impulses?
 Do you crave for Stimulants or Drugs?

If so, you can safely assume that you are suffering from Neurasthenia. The Neurasthenic also often suffer from Indigestion, Liver Troubles, Constipation, Palpitation, Loss of Appetite, Excess of Appetite, and a host of other disorders due to faulty functioning of various organs. Electricity is the only force that naturally supplies this deficiency of Nerve Force, and restores tone to the whole nervous system.

The greatest neurologists, including Erb, Beard, Loeb, and hundreds of the foremost medical thinkers, now agree that electrical treatment, skilfully and scientifically directed, will revitalise depleted nerve centres (as in neurasthenia, debility, and nervous

ARE YOU NERVOUS LIKE THIS?



If so, Curative Electricity will put you right.

The Pulvermacher Appliances are the only inventions for the administration of curative electricity, endorsed by over fifty leading Doctors and by the official Academy of Medicine in Paris.

dyspepsia), restore sound digestion, invigorate the circulation, and increase the daily and necessary elimination of the waste products that, if uneliminated, are the greatest source of all diseases.

To-day you can be CURED IN YOUR OWN HOME BY ELECTRICITY

by simply wearing the Pulvermacher appliances, which are light, easy, and comfortable to wear. They give no shock, but all the time they are being worn they supply the nerve centres with a continuous flow of electricity, naturally stimulate the circulation of the blood and increase nerve nutrition.

This is the natural and physiological treatment of Neurasthenia, which drug treatments can never cure. The Pulvermacher Treatment has cured the most obstinate cases of Neurasthenia and Nervous Disorders when all other methods have failed. If you are suffering from any form of Nerve Trouble, or if you have any of the symptoms as here described, write to-day for a book that may well prove of incalculable health value to you, yet it costs you nothing. It is entitled "Guide to Health and Strength," and will be sent post free. Those who can call personally are cordially invited to do so, when a consultation on their health trouble may be secured absolutely free of charge and without obligation between the hours of 10.0 and 5.30 daily.

FREE COUPON

By posting this FREE FORM TO-DAY you will receive the "GUIDE TO HEALTH AND STRENGTH." You place yourself under no obligation by applying for this Book and particulars of the Pulvermacher Appliances.

NAME _____

ADDRESS _____

Post to the Superintendent, Pulvermacher Electrological Institute, Ltd., 75, VULCAN ROAD, 56, LUDGATE HILL, LONDON, E.C. 4.

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Historical Perspectives

Shell shock: attributed to repeated exposure to exploding artillery shells

Abram Kardiner

Emergence of PTSD as a diagnosis

PTSD

Rape trauma syndrome

Now includes any kind of trauma

Biological Perspectives

Brain chemistry perspectives

Posttraumatic stress

Defects in norepinephrine and serotonin transmission

Antidepressants, atypical antipsychotics,
benzodiazepines, antiseizure drugs

Stress and adjustment >> benzodiazepines

Prolonged grief – antidepressants

Brain structure and function perspectives

Hippocampus

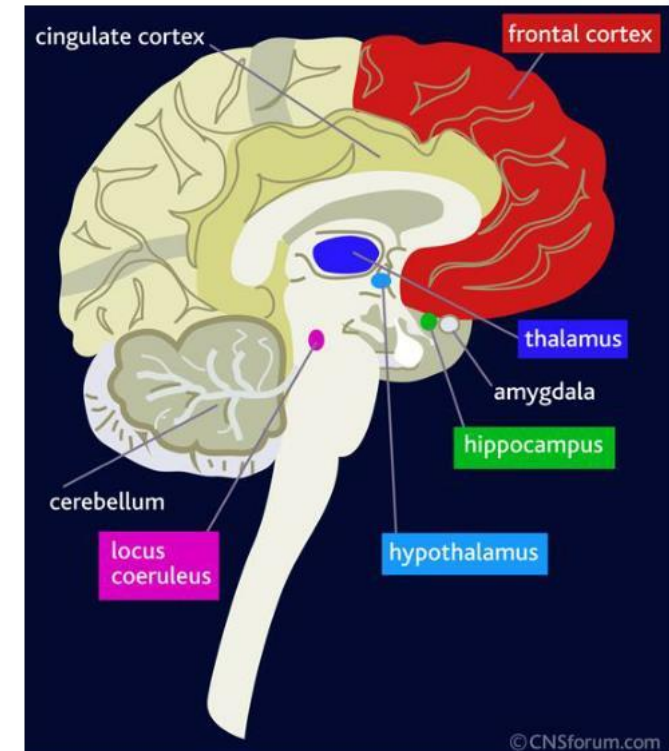
Importance in long-term memory storage

Amygdala and medial prefrontal cortex

Amygdala active in acute and posttraumatic stress

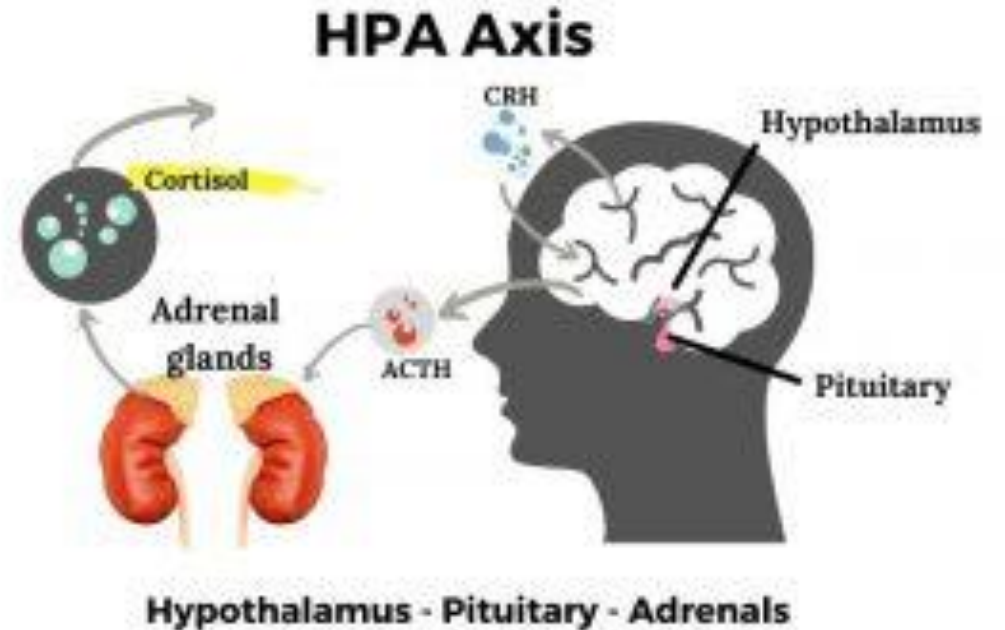
Medial prefrontal cortex under-responsive in PTSD
patients

Brain Areas Affected by PTSD



Biological Perspectives

- Autonomic nervous system and HPA axis
 - Autonomic nervous system (ANS):
 - Regulates automatic functions affected by prolonged stress: heart rate, blood pressure, emotional arousal
 - Sympathetic nervous system (SNS)
 - Parasympathetic nervous system (PNS)
 - Hypothalamus
 - Limbic system region that regulates homeostasis
 - Hypothalamic-pituitary-adrenal (HPA) axis



Biological Perspectives

Genetic and evolutionary perspectives

Genetic perspectives

- Heritability of trauma and stress

- Candidate genes in trauma and stress

- Bereavement: Not much research on genetic correlates

Evolutionary perspectives

- Trauma and stress – flight - fight evolved mechanism for coping with stress and danger

- Bereavement and grief: downside of forming mutually supportive attachments

Immune system perspectives

Evaluating biological perspectives

- Evidence often contradictory or inconclusive

- RDoC critique

Psychological Perspectives

Psychodynamic perspectives

- Personality factors associated with posttraumatic stress

- Freud and Breuer – recall and re-experience stressful events

- Posttraumatic stress

 - Short-term dynamic therapy of stress syndromes

- Adjustment and Attachment

 - Bowlby's attachment theory

- Bereavement

 - Freud said grieving requires decathexis

Cognitive-behavioral perspectives

- Behavioral perspectives

 - Exposure therapies for posttraumatic stress and prolonged grief

 - Behavioral activation for posttraumatic stress

Psychological Perspectives

- Cognitive and CBT perspectives: education on typical responses to trauma
 - Cognitive processing therapy (CPT)
 - Self-esteem, competence or emotional intimacy
 - Cognitive Therapy for PTSD
 - Negative appraisals theory
 - Ongoing sense of threat
 - Trauma-focused CBT (TF-CBT)
 - For children, adolescents and parents
 - Emotional processing theory
 - Dysfunctional fear structures

Psychological Perspectives

Stress-inoculation training (SIT)

- Combination of different CBT techniques

Mindfulness and acceptance approaches

- Focus on present moment

- Can trigger negative reactions with some trauma survivors

Eye movement desensitization reprocessing (EMDR)

- Bilateral stimulation

Psychological Perspectives

Humanistic perspectives

Person-Centered Therapy

Positive changes following empathy, congruence and unconditional positive regard

Meaning reconstruction following trauma and loss

Posttraumatic Growth

Positive changes following crisis, trauma, losses, and other stressful events

Evaluating psychological perspectives

Grief: What is essential to overcoming grief? Lack of research

Adjustment disorder: Lack of research on what helps

Posttraumatic stress

Controversy over critical incident stress debriefing (CISD)

Alternative: psychological first aid (PFA)

Sociocultural Perspectives

Cross-cultural and social justice perspectives

Sociocultural factors and posttraumatic stress

Gender

Trauma women face socially stigmatized and correlated with increased risk of posttraumatic stress

Traumatic context

Race, ethnicity, and socioeconomic status (SES)

Cultural adoptions

Cultural awareness

Social support

Cross-cultural differences in bereavement

Sociocultural Perspectives

Service-user perspectives

- Posttraumatic stress – anti-war political agenda?

- Adjustment issues – “waste-basket” diagnosis?

- Prolonged grief – stigmatizing diagnosis?

Systems perspectives

- Group therapy for posttraumatic stress

 - Psychodynamic PTSD groups

 - Interpersonal PTSD groups / PTSD process groups

 - Supportive PTSD groups

 - Trauma-focused cognitive-behavioral groups

Sociocultural Perspectives

Couples and family therapy approaches

- Posttraumatic stress

 - Expressed emotion

 - Cognitive-behavioral conjoint therapy (CBCT)

 - Emotion-focused couple therapy (EFCT)

- Grief and loss

 - Family focused grief therapy

Evaluating sociocultural perspectives

- Intertwined with social world

Closing Thoughts: Erase Trauma, Loss, and Grief

