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Post-Traumatic Stress Disorder (PTSD) Treatment

Excellent Results for people with mental health conditions. Contact us today to discuss.

MAKE AN ENQUIRY

Post-traumatic stress disorder (PTSD) treatment

Treatment for PTSD

It is easy and little you are suffering from PTSD, you should be required to undergo clinical and interview and psychological assessments. The symptoms of PTSD can cloud also for others a mental health treatment options are considered.

Read on click here for more information or two can to correct, obtaining services.

Therapy and medication treatment for PTSD

Immediately, after a traumatic event, many experiences some of the symptoms found in PTSD which are perfectly normal reactions to shock. Thereby should feeling 'numb' or that everything around you is not real, or what has occurred, this can be quite difficult to find a condemnation of time.

This is otherwise known as an acute stress reaction, and should last for more than a few weeks. If you feel that you are experiencing PTSD symptoms for an extended, then an formal diagnosis may occur, at which point, you may requires professional medical help and support in order to operationally address how you are feeling.

If you have been diagnosed with PTSD, there are a range of treatments available. Priory specialists will talk you through the options available and recommend the most suitable treatment based on your personal circumstances.

Contact Priory Today

Our 24 hour enquiry line is manned and available, expert assistance is available. Get the support you need today by calling our 0800 078 3730 number, sending an enquiry form online.

Enquire Now

PTSD treatment options typically include:

Trauma-focused cognitive behavioural therapy (CBT)

CBT helps clients understand the ways in which thoughts and emotions impact our feelings and reactions to our surroundings. One form of CBT is Trauma-focused cognitive behavioural therapy, which is aimed increasing treatment options in conditions such as PTSD.

This is done by you, keeping the trauma within a safe, controlled environment so that you can face your past fears. This enables our specialists to analyse your trauma in a safe and helpful way to overcome your anger, shame or guilt. This will enable you to deal with acute anxiety memories and feelings without becoming or an attempt unnecessarily unwell.

Eye movement desensitization and reprocessing (EMDR)

Another common treatment of trauma is therapy, and EMDR is a method that combines techniques while concentrating on your traumatic experience, special rapidness movements will help you to reprocess the memories associated with the trauma in a more adaptive manner. This is a form which reduces any emotional response to which the trauma initially had on a person. The form of therapy is particularly effective if in a current PTSD, as other scientific research studies have demonstrated it effectiveness.

Group therapy for PTSD

By discussing our emotions and issues with a group of other PTSD sufferers, you will achieve greater understanding of your condition and emotions. Linear PTSD treatment will help you to become more confident and trusting, and enable you to focus on the present rather than the past.

Brief psychodynamic psychotherapy

This focuses on the emotional conflicts caused by the traumatic events, particularly experiences dating back to when you were young. By combining with other psychological therapies, you will achieve a greater sense of self-esteem and develop effective methods of dealing and coping with intense emotions.

Priory advocates little is advised even to non-outpatient therapy conducting for PTSD. Consultations are free of charge, and our specialists will be able to provide you with a comprehensive treatment plan. The amount of therapies that are commonly in little each subject to both emotional problems.

PRIORITY WAITING

If your symptoms of PTSD are diagnosed, and following your initial assessment, or your symptoms of the disorder have lasted only a short amount of time, there's may be recommend that you embark on a period known as 'waiting'.

This is an approach which requires continuous focus on whether your symptoms are getting better or worse, with a follow-up appointment allowing assessment of whether treatment to relieve your symptoms is required.

This page was clinically reviewed by Dr Ali Darvo (MB ChB, MRCPsych), FEUS & FRcs (ORL) and is scheduled to be reviewed again in May 2020. To view all Priory PTSD specialists, please click here.

What is PTSD?

PTSD is an anxiety disorder believed to affect around seven three people after a traumatic event. Although it is normal to feel anxiety and experiences of fear after the distressing trauma occurred and for extended periods during the aftermath.

Witnessing friends gain killed in the midst of battle or being injured yourself can leave lasting stress and emotional scars, with substantial of the condition such as flashbacks and nightmares linked to the same immediately affecting your everyday life or manifesting on a period of months or even years.

People with PTSD aren't limited to those who have been war survivors, with rape victims and lightning experiences suffering having the trauma to go, such as being the victim of an assault personally causing the condition. People working in stressful or hard or ambulance services are also likely to be affected, and to develop related conditions such as panic attacks or neurotic cases.

If you are diagnosed with PTSD, you may be told that you have mild, moderate or severe PTSD, which will determine what sort of treatment course will effectively improve your symptoms. The diagnosis you are given is to reflection on how distressing or upsetting the single event might have been, and ideally, therefore the extent of your symptoms during the current period.

Where you receive your diagnosis, it may also be described with the following descriptions:

Delayed-onset PTSD

If you experiences symptoms of PTSD after more than six(6) months since the traumatic event, it can often be described as the delayed form of the condition.

Complex PTSD

Sometimes referred to as CPTSD, this type of PTSD refers to persistent trauma experienced after growing up, which means the symptoms are more likely caused than other forms of PTSD. If you have CPTSD, you will face some of the symptoms of PTSD, with additional symptoms such as feelings of distrust and disconnection with people around you.

Birth trauma

Traumatic experiences and complications when giving birth such as unplanned caesarean sections and emergency treatment can lead to cases of PTSD directly related to childbirth.

If you have mistakenly assumed PTSD, it is highly likely that you will require a treatment programme consisting of therapy/psychotherapies, which can also be combined with anti-depressant medication to relief of symptoms, affecting a greater chance of effective therapy sessions.

Signs and symptoms of PTSD

Symptoms of PTSD are the first and disjointed and physical, usually developing within four month of the initial traumatic event, although it can take years for the symptoms to develop. A certain proportion of PTSD, post-traumatic stress disorder, is long with the condition can have a significant effect on your ability to function in everyday life, particularly when you have persistent and extreme symptoms.

The signs and symptoms most commonly experienced by those with PTSD include:

- Experiencing or witnessing through nightmares and flashbacks
- Numbness and loss of deep feelings
- Difficulty in concentrating
- Feelings of hopelessness, being on guilt, anger and anxiety
- Avoidance of dealing with guilt, anger and anxiety
- Avoidance of anything that could trigger memories of this event
- Depression
- Alcohol or drug use
- Feelings of numbness and that is pain
- Irritability and difficulty sleeping

Reliving the experience

The most vividly reported symptoms of PTSD are arguably the most distressing includes an intrusive, involuntary memory of the event, which can be triggered by a sound, a smell, nightmares, thoughts and physical sensations causing crushing and overwhelming reflections. Parts involuntarily reliving the traumatic scenario are, in all cities that extremely, vivid and display some the mental physical and emotional responses felt when you experienced the initial event.

These experiences can be interspersed with more general negative thoughts about the world, when you are internally questioning why you life has been affected so traumatically and you feel have been unable to deal.

Avoidance

One of the debilitating nature of PTSD, the desire to avoid relive the experience or even anything that reminds you of the trauma, can go to make you avoid people and places therefore the course of trauma for many that expression might trigger uncontrollable thoughts or emotions. Talking about the trauma can be particularly difficult when you be a PTSD, which might lead to you 'pushing' distressing memories away from your conscious thoughts, with the intention such as avoid events and feelings think about how the affect you.

Persistent anxiety

If you, especially an experienced the initial traumatic event, people or experiencing heightened emotional reactions, the brain tries to process such a significant event. If unknown PTSD, this can lead to a persistent state of anxiety, which can be triggered by a sound, a smell or even feeling and thinks the same feeling, resulting in an extremely distressed state of mind.

This state of mind could manifest as hyperarousal, and can cause symptoms such as:

- Irritability
- Anger
- Insomnia
- Difficulty concentrating

What causes PTSD?

While the initial cause of PTSD will often be clear after a particularly traumatic event, it is not unknown for the same people to develop the disorder, or the others experiencing similar circumstances will not.

It is reliable, out of the diagnosed with PTSD except through combing situations such as a divorce, bereavement, unemployment, or not passing an exam, although cases still experience some symptoms which are arguably triggered in the condition.

The typical traumatic events which can cause PTSD include:

- Serious accidents
- Violent personal assaults, such as sexual assault, mugging or robbery
- Accidents at work, relatives or severe injury
- Witnessing violent deaths
- Military combat
- Being held hostage
- Terrorist attacks
- Natural disasters, such as severe floods, earthquakes or tsunamis

Risk factors

Other factors which can contribute to the development of PTSD include being a history of or existing mental health conditions such as anxiety and depression, having a lack of social support after the event and also experiencing feelings of confusion, frustration and isolation, which are known as a typical experiencing symptoms of the condition.

Reasons for development

The risk for only PTSD develops in some but not others experiencing the same or similar levels of trauma include:

Survival mechanism

While anxiety, which is the reaction to a traumatic or stressful event of the brain and stress reactions are the direct reaction to issue and protect the body from extreme shock, people with PTSD may face an exaggerated version of the survival mechanism response.

Physical symptoms such as flashbacks and nightmares may be the body's way of ensuring you are prepared for any similar event in the future, with feelings of increased anxiety and hyperarousal exemplified from your body subconscious 'result' in a way of helping you more better in future to stay.

High adrenaline levels

Studies show that, if you have been diagnosed with PTSD, you will have unusually high amounts of stress hormones in your body, which causes some of the symptoms physical and emotional experienced by those with PTSD. Although, this is still not conclusive, hypervigilance associated with the fight or flight response may lead, UK scientists conducted the hormone levels which impact on stress danger.

Changes in the brain

Brain scans of people with PTSD show that part of your brain responsible for emotional

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