

Health Consequences of Trauma

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WHAT IS TRAUMA?

- ▶ A traumatic experience is one that threatens death or injury to self or others and elicits intense feelings of fear, helplessness, or horror.

TYPES OF TRAUMA

- ▶ One can be the victim of a traumatic event.
- ▶ One can witness a traumatic event occurring to another.

▶ **SIMPLE TRAUMA –**
Exposure to a single event

▶ **COMPLEX TRAUMA –**
Exposure to multiple, simultaneous, and/or prolonged traumatic events.

COMMON FORMS OF TRAUMA

- ▶ PHYSICAL/SEXUAL ASSAULT
- ▶ ACCIDENTS/FIRE
- ▶ VIOLENT DEATH OF FAMILY MEMBER OR FRIEND
- ▶ NATURAL DISASTER
- ▶ THREAT OF INJURY TO FAMILY MEMBER OR FRIEND
- ▶ WITNESSING ASSAULT

PREVALENCE OF TRAUMA

- ▶ 70% OF ADULTS IN THE U.S. HAVE EXPERIENCED A TRAUMATIC EVENT
- ▶ 20% OF THOSE INDIVIDUALS DEVELOP PTSD
- ▶ WOMEN ARE TWICE AS LIKELY TO DEVELOP PTSD AS MEN

TRAUMA'S RELATIONSHIP TO PTSD

- ▶ Requirements for PTSD diagnosis:
 - ▶ Repeated reliving of the event
 - ▶ Avoidance of reminders of the event
 - ▶ Tendencies for hyper – vigilance
- ▶ 90% of people receiving behavioral healthcare have a history of trauma.

MANIFESTATIONS OF TRAUMA/PTSD

- ▶ SLEEP DISTURBANCES
- ▶ DEPRESSION
- ▶ ANXIETY
- ▶ FLASHBACKS
- ▶ DISSOCIATION/NUMBNESS
- ▶ ALCOHOL/DRUG ABUSE
- ▶ DISORDERED EATING

ILLNESSES WHICH HAVE A HIGH CORRELATION WITH TRAUMA

- ▶ DEPRESSION
- ▶ ANXIETY
 - ▶ Generalized Anxiety
 - ▶ Social Anxiety

CORRELATION WITH TRAUMA

▶ EATING DISORDERS

- ▶ Bulimia Nervosa
- ▶ Binge Eating
- ▶ Obesity

CORRELATION WITH TRAUMA

▶ CHRONIC PAIN

- ▶ Which does not respond to traditional therapies.

CORRELATION WITH TRAUMA

▶ SUBSTANCE USE DISORDERS

- ▶ Most often noted with:
 - ▶ Sedatives
 - ▶ Anxiolytic drugs

DEVELOPMENT OF PERTINENT ASSESSMENT SKILLS

- ▶ Sit on patient's level
- ▶ Maintain eye contact
- ▶ Be aware of personal space
- ▶ Remove barriers
- ▶ Ask open-ended questions
- ▶ Attend to body posture, gestures, facial expressions.

QUESTIONS TO ASK

- ▶ Have you experienced physical, sexual, or emotional abuse?
- ▶ Have you witnessed things that you can't move past?
- ▶ Use of trauma questionnaires.

SENSITIVITY TO TIME CONSTRAINTS

- ▶ How can I establish trust, open the lines of communication, and finish this appointment in 15 minutes?

TREATMENT OPTIONS

► REFERRAL to THERAPIST for further treatment such as:

- Cognitive Behavioral Therapy
- Exposure Therapy
- Trauma Narratives
- Hypnosis
- EMDR (Eye Movement Desensitization and Reprocessing)

EFFICACY OF EYE MOVEMENT DESENSITIZATION and REPROCESSING

- The American Psychiatric Association, the Department of Veterans Affairs, and the Department of Defense have strongly endorsed EMDR and its effectiveness in treating PTSD.

TREATMENT OPTIONS

► PHARMACOLOGICAL INTERVENTIONS

- Prescribers frequently use SSRIs and SNRIs
- Use caution with Benzodiazepines

TREATMENT OPTIONS

- ▶ Patients rarely need hospitalization for trauma work unless their co-occurring issues such as suicidal ideation or substance abuse require it.

REFERRAL RESOURCES

- ▶ **PsychologyToday.com**
 - ▶ Licensed Therapists in your Zip Code
 - ▶ More than 60 Lubbock Therapists listed
 - ▶ Verified credentials
 - ▶ Types of therapies
 - ▶ Estimated fees
 - ▶ Participating insurance plans

REFERRAL RESOURCES

- ▶ **Center for Superheroes**
texastechphysicians.com
 - ▶ Childhood Trauma Specialists
 - ▶ Comprehensive medical, mental health, behavioral health, and developmental services for pediatric victims and their families. Trauma Focused CBT
 - ▶ (806) 743-2669

REFERRAL RESOURCES

► Psychology Clinic at TTU

- psychology.clinic@ttu.edu
- Advanced doctoral students under the supervision of Ph.D. psychologists/faculty at TTU.
- Offers low cost counseling
- (806) 742-3737
