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# Why is this guy talking?





Depression  
and  
Anxiety

Substance  
Abuse

Adjustment  
Disorders

**PTSD**

Acute Stress Reaction

Dissociative Disorders

Somatisation

Sleep Disorders



# Prevalance

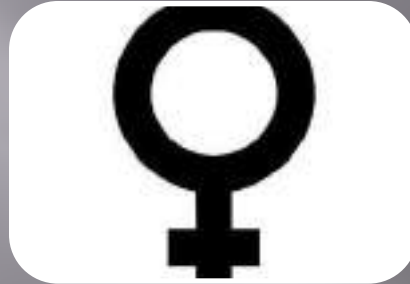


# Predictive Factors





**Hx Anxiety and Depression**



**Female**



**Previous trauma**



**Dissociation around the event#**



**Poor support**



**Man- made events**



**Hx of adustment disorder**



**Adverse Early life**



# Clinical Presentation





# Insomnia



- ▣ **“I wake up drenched in sweat. I can’t remember why but my heart’s racing. Now I can’t face sleep. It’s better to be exhausted.”**

# Flashbacks



- ▣ **“I feel like I’m straddling a timeline where the past is pulling me in one direction and the present another. I see flashes of images and noises burst through, fear comes out of nowhere... my heart races and my breathing is loud and I no longer know where I am.”**

# Irritability



- ▣ **“I snap at my partner. I don’t know why. Everything should be fine but it leaps out of me and I feel so ashamed afterwards. I don’t know why she stays.”**



# Substance abuse



- ▣ **“It’s the only thing that makes the world quiet again.”**

# Avoidance



- ▣ **“Every time the news showed a hospital I was there, giving birth. Bleeding again. Dying.”**

# Social Withdrawal



- ▣ **“I can’t face my family any more, even being in the house with them. No-one can help me.”**



# Personality Change



- ▣ **“That man I was.... He’s dead now. I don’t know who  $x$  is anymore. Maybe no-one.”**

# Self Harm



- ▣ **“It was the only path that made sense to me. The only way to make it stop.”**

# Dissociation



- ▣ **“I’m utterly alone. I don’t feel like I belong in the world any more – I’m a passenger.”**



# EMDR



# Trauma Focussed CBT



# Pharmaceuticals







# Further Reading

- ▣ **Nice guidance CG<sub>26</sub> – PTSD**
- ▣ **[www.ptsduk.org](http://www.ptsduk.org)**
- ▣ **[www.mind.org.uk/PTSD](http://www.mind.org.uk/PTSD)**