

Post-Traumatic Stress Disorder (PTSD)

Symptoms

Treatment



Psychological Services

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PTSD is an anxiety disorder that can arise after seeing or living through a dangerous event. Sufferers feel stressed or frightened after the danger has passed. Symptoms may include the following:

Reminders of the event

- Flashbacks
- Bad dreams
- Frightening thoughts

Hyper-arousal symptoms

- Easily startled
- Feeling tense or *on edge*
- Difficulty sleeping
- Angry outbursts and reckless behavior

Avoidance symptoms

- Staying away from places, events, or objects that are reminders of the experience

Negative thoughts and mood

- Emotional numbness
- Guilt, depression, or worry
- Loss of interest in enjoyable activities
- Trouble remembering the event

Serious symptoms can disappear spontaneously after a few weeks but when they become an ongoing problem, treatment is indicated. Recommended treatments include psychotherapy and medication.

Studies of Cognitive Behavioral Therapy (CBT) for PTSD indicate that 40-70% of people who receive treatment no longer meet criteria for PTSD following treatment. Therapy can last from 6 to 12 weeks or longer depending on your response.

Medipsy psychotherapists are trained to assess your symptoms, your preferences and your response to treatment. You and your therapist will collaborate to develop a treatment plan based on scientific evidence and tailored with your needs in mind.