

PREVENTING SUICIDE AND PTSD



Treating PTSD or preventing it

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Fighting Forest Fires



22 million acres of forest were
lost annually due to forest fires

Preventing Forest fires

PLEASE!

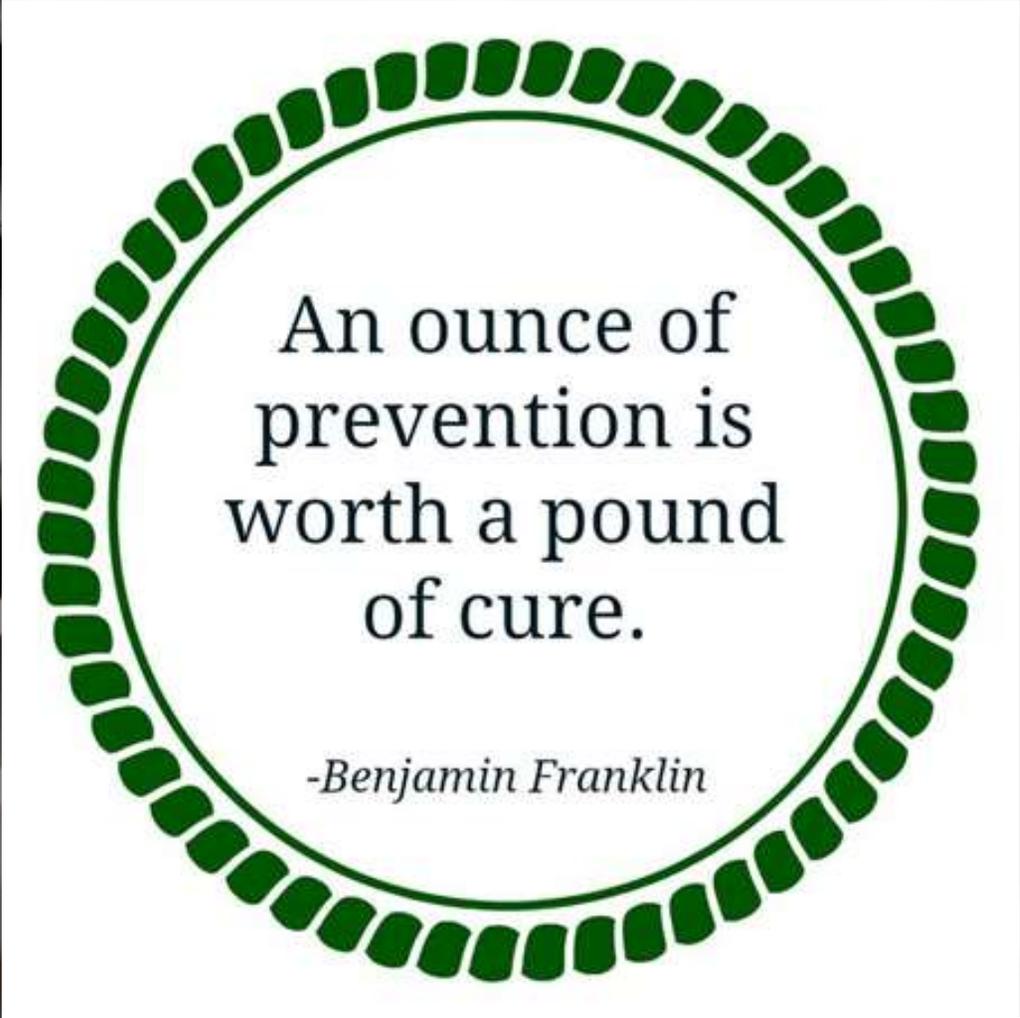


Only you can
prevent forest fires

The Smokey the Bear prevention campaign reduced forest fires from 22 million annually down to 8 million

The ad campaign costs around 50 million dollars annually (mostly through donations) but saves the forest service six billion dollars per year on putting out fires

Prevention vs treatment

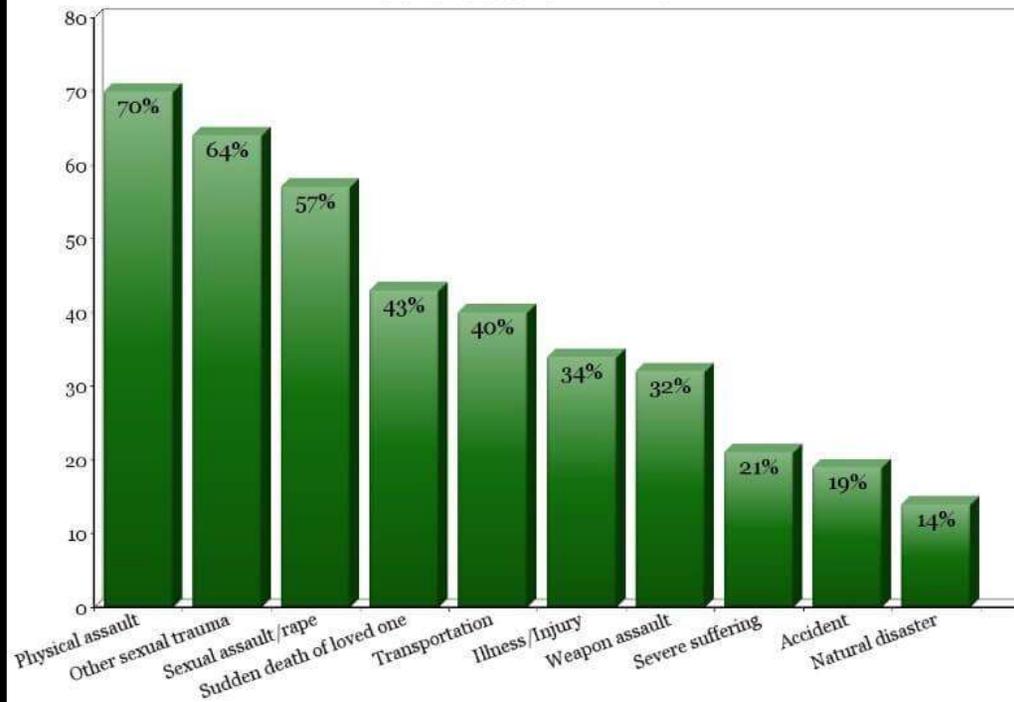


An ounce of
prevention is
worth a pound
of cure.

-Benjamin Franklin

Common causes of trauma

Causes of PTSD



Nineteen types of trauma were surveyed in 244 adults. Military/war was least common, experienced by only 6%.

Spence, et al. (2011). PLoS ONE 6(7): e21864. doi:10.1371/journal.pone.0021864.

<http://traumadissociation.com/ptsd>

Why does trauma to turn into PTSD?

- ▣ Unhealthy coping skills and poor resiliency are the two biggest factors that cause trauma to develop into PTSD.
- ▣ Life-long Coping skills or most often learned pre-teen.
- ▣ Someone who has experienced trauma as a child is most likely to have a trauma later in life turn into PTSD
- ▣ Lack of stress/challenge during childhood also play a major role in trauma turning into PTSD

Common PTSD interventions

- ▣ TFCBT, EMDR, Exposure therapy, and cognitive restructuring are the most effective way to process through PTSD
- ▣ The most effective therapeutic interventions have around a 57% success rate after 18 weeks of treatment (Newman, 2007)
- ▣ Coping skill development is also beneficial, but It is significantly more difficult learning healthy coping skills after a trauma (Foster, 2014)

More effective treatment

- ▣ 91% of participants in a structured exercise program with therapy no longer had PTSD symptoms after 8 weeks (Newman 2007).
- ▣ Adherence to an exercise program is increased if a client is also attending therapy supporting the program.



Preventing PTSD

- ▣ Identify at risk populations
- ▣ Develop and practice healthy coping skills (possibly to replace negative coping practices)
- ▣ Reinforce self-care and overall health.
- ▣ Strengthen positive relationships.



References

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- ▣ Foster, Alishia, "Traumatic Life Events and Symptoms of Anxiety: Moderating Effects of Adaptive Versus Maladaptive Coping Strategies" (2014). Electronic Theses and Dissertations. Paper 2380. <http://dc.etsu.edu/etd/2380>
- ▣ Newman, Caren (2007) The Effects of Aerobic Exercise on Childhood PTSD, Anxiety, and Depression. International Journal of Emergency Mental Health. Volume 9 #22, 133-158.

For More information

▣ Websites:

- www.xlr8therapy.com
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