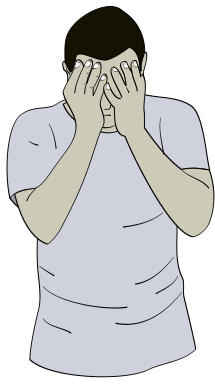


Understanding Trauma



We all experience negative events in our lives. But sometimes, negative events can be so taxing on us that we just aren't able to cope with or process them.

People react differently to negative events, with some people sadly suffering from Post-Traumatic Stress Disorder (PTSD)

Trauma in Australia

About 75% of Australians will experience a traumatic event in their lives.

Approximately **12%** of Australians go on to develop post-traumatic stress disorder.



Common Symptoms

The most prevalent PTSD symptoms include:

- **Arousal symptoms** or changes in physical and emotional reactions include always being on the lookout for danger, irritability, self-harm, excessive guilt and shame, sleep problems, and aggressive outbursts.
- **Intrusive and disturbing memories** of the traumatic event, upsetting dreams and nightmares, and reliving trauma in flashbacks as if it were happening again.
- **Avoidance behaviours** such as staying away from everything that is a reminder of the traumatic event.
- **Changes in mood and thinking** include hopelessness, automatic negative thoughts, social isolation, and dissociation (interruptions in identity, awareness, memory, self-perception, and environment perception).

Managing Trauma

Understanding and properly processing emotions that arise after a traumatic event is absolutely critical for recovery and healing.

Various evidence-based therapeutic treatments can assist trauma survivors in understanding their emotions and developing coping strategies.

Some of the most effective PTSD therapy treatments involve:

- Cognitive behavioural therapy (CBT) for trauma
- Eye movement desensitisation and reprocessing (EMDR)
- Trauma risk management (TRiM).



Getting Help



Call us on **1300 151 110** to book an initial consultation with a qualified and compassionate psychologist.

www.unboundminds.com.au