

ASSIST TRAUMA
CARE

ASSIST TRAINING

CRITERIA FOR POST TRAUMATIC STRESS DISORDER (PTSD) (DSM IV)

1. The client has been exposed to a traumatic event in which both of the following were present:-
 - ❖ The client experienced, witnessed, or was confronted with an event or events that involved actual threatened death or serious injury, or a threat to the physical integrity of self or others.
 - ❖ The client's response involved intense fear, helplessness, or horror.

2. The traumatic event is persistently re-experienced in one (or more) of the following ways:-
 - ❖ Recurrent and intrusive distressing recollections of the event, including images, thoughts or perceptions.
 - ❖ Recurrent distressing dreams of the event.
 - ❖ Acting or feelings as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and dissociative flashback episodes, including those that occur on awakening or when intoxicated)
 - ❖ Intense psychological distress at exposure to internal or external cues that symbolise or resemble an aspect of the traumatic event.
 - ❖ Physiological reactivity on exposure to internal or external cues that symbolise or resemble an aspect of the traumatic event.

3. Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma), as indicated by three (or more) of the following:-
 - ❖ Efforts to avoid thoughts, feelings, or conversations associated with trauma.
 - ❖ Efforts to avoid activities, places or people that arouse recollections of the trauma.

Cont.