



**ASSIST TRAUMA
CARE**

ASSIST TRAINING

Summary of Post-Trauma symptoms

1. Avoidance

Of places, people, reminders, memories, thoughts

2. Re-experience

Intrusive recollection, dreams, distress / reactivity on exposure, flashbacks

3. Arousal

Hypervigilance, exaggerated startle, irritability, sleep problems, concentration difficulties, panic attacks

In addition co-morbid symptoms include:

- **Depression**
- **Use of alcohol**
- **Substance abuse**
- **Anxiety disorders**
- **Agoraphobia**
- **Mood swings / Outbursts of anger**

None of the above mean that a person is disordered. For a diagnosis of Post Traumatic Stress Disorder an individual must:

- a) **Have been involved in or witnessed an event involving actual or threatened death, serious injury or a threat to physical integrity
and
Experienced intense fear, helplessness or horror as a result.**

