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.