

POST TRAUMATIC STRESS DISORDER



Product Syllabus:

- What is PTSD?
- Traumatic events
- Past trauma
- Risk factors
- Indirect trauma
- Acute stress disorder
- Simple PTSD
- Complex PTSD
- Delayed onset PTSD
- Diagnosis
- Symptoms
- Acute PTSD
- Chronic PTSD
- Flashbacks & nightmares
- Intrusive memories
- Triggers
- Phobias and PTSD
- Physical arousal responses
- Avoidance
- Emotional numbness
- Substance dependence
- Anger
- Depression
- Suicide
- PTSD and associated medical conditions
- Fear & anxiety
- Survivor guilt
- Relationships
- Treatment
- Debriefing
- Therapy
- Cognitive Behavioural Therapy
- Medication
- Treatment success

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