

Post-Traumatic Stress Disorder

- I. Introduction: PTSD is a growing struggle.
- II. What Is Post-Traumatic Stress Disorder?
 - A. Definition
 1. Terrible event: rape, murder, combat death or injury, natural disaster.
 2. Threat of death or physical injury to the person or others
 3. Cannot do anything about it and comes with fear, helplessness, or horror.
 4. Results in dreams, flashbacks, thoughts or feelings of the event.
 5. They respond like it is happening again and may include illusions, hallucinations or flashbacks.
 6. When they are in a situation that is like the event they may react like they are there. They will avoid situations that remind them of it.
 7. They may not remember the events or parts of them.
 - B. Pathophysiology!
 1. The medical cause of PTSD is uncertain.
 2. MRI/PET scans not as helpful as hoped.
 3. Confounding variables! Traumatic Brain Injuries.
 - C. Medical Treatment
 1. Multiple medications used with less than promising results. Almost any drug used in psychiatry has been tried and most found wanting.
 2. Current recommendations are SSRI antidepressant and CBT. Prazosin, alpha adrenergic receptor blocker/antihypertensive used for those with dreams and nightmares.
 3. Desensitization and EBT.
 4. Important recommendations include avoiding isolation, return to work, avoiding alcohol and drugs.

III. Patients Descriptions

A. Soldiers, Sailors, Marines.

1. Isolation and loss of purpose, sense of brokenness.
2. Flashbacks, dreams, sleep disturbances.
3. Hyper-vigilance, hyper-reactivity, startle response.
4. Shame, guilt, anger, fear, depression.

B. Civilians

1. Fear, worry, anger, depression, loss of purpose, victim status.
2. Sleep disturbances, flashbacks, reactivity.
3. Struggles with relationships, marital problems, sexual dysfunction.
4. Eating disorders, substance abuse, shame, guilt.

IV. Avoiding/Escaping PTSD

A. Understanding Joseph. Genesis 37-50.

1. A young man of good character! He did nothing to cause his problems. Those with PTSD may or may not have contributed to their trouble. Do not jump to conclusions in either direction!
Prov. 18:13
2. Joseph consistently dealt with his problems in a Godly way.
3. He came to understand the “why” of it and he embraced it. Genesis 50:20 precursor to Romans 8:28-29.
4. It took 20 years for Joseph to get from the pit to Genesis 50:20!
People need time to make that transition.
5. The Dream!

B. Helpful things to address.

1. God knows, has a plan, cares, will act on our behalf. John 11.
2. Redemption: souls and lives. Romans 10
3. Purpose and motive. 1 Cor. 10:31
4. Trusting God. Romans 8
5. Moving on! Philippians 3
6. Time: Everyone gets their own 42 chapters. Job 42:2
7. Fear: the drill. 1 John 4:18
8. Worry. Philippians 4:1-10.
9. Forgiveness. Matthew 6:12-15.
10. Serving Christ, Serving others. John 13

