



VeteranCaregiver.com Video Resource

Recommended Resources: PTSD 201

Definition:

PTSD can be a complicated disorder to fully understand, but for family members, it's often simpler to understand the four main symptom clusters. Unwanted Recall is the first, where veterans experience triggers, flashbacks and nightmares. Conscious Awareness is another symptom where a veteran actively works at avoiding the trauma and expends energy to suppress the memories, leaving them mentally exhausted affecting their mental and physical health. Negative Thoughts and Emotions show guilty feelings, or fear in potentially harming family members and not wanting to be a burden to the family. Finally, Increased Arousal symptoms include hypervigilance, anger, irritability, and startle responses.

Quote:

"You can't patch a wounded soul with a Band-Aid"
- Michael Connelly, The Black Echo

Resources:

http://www.ptsd.va.gov/public/PTSD-overview/basics/symptoms_of_ptsd.asp

<http://www.helpguide.org/articles/ptsd-trauma/ptsd-in-veterans.htm>

<http://www.veteransandptsd.com/PTSD-statistics.html>

Video Resources:

PTSD Overview https://www.youtube.com/watch?v=sMuaf_IKU3w

Brian Mancini <https://www.youtube.com/watch?v=6DzMMJJ0Kgc>

Sarah Humpries <https://www.youtube.com/watch?v=9VQ05H-Pywo>

Yoga for PTSD <https://www.youtube.com/watch?v=Dqh2p8ulpYQ>

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