



VeteranCaregiver.com Video Resource

Recommended Resources: Secondary PTS (Post-Traumatic Stress)

Definition	Secondary Post-Traumatic Stress (PTS) can occur when living with someone with diagnosed PTSD – and their symptoms. A household with PTSD is one on edge, looking to avoid triggers, and working to maintain calm. Over time, a caregiver or children may begin to show “mirroring” signs of secondary stress. While it is not identified in the DSM-5 as a disorder, it occurs roughly 50% of the time in spouses and 40% in children (NAMI 2015).
Caregiver PTS	http://www.familyofavet.com/secondary_ptsd.html Brannan Vines http://www.examiner.com/article/secondary-post-traumatic-stress-disorder-ptsd Treatment options
Clinicians/CGs	https://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf?sfvrsn=2 Clinicians who work with families may show increased tension and preoccupation with the stories and you may hear “vicarious trauma” or VT. If it happens to them, it can happen to you.
Spousal PTS	http://abcnews.go.com/blogs/health/2014/03/31/we-have-ptsd-wife-of-veteran-shares-experiences/ http://www.legion.org/magazine/158420/war-within-part-i-families-afflicted http://www.vietnow.com/ptsd-walking-on-eggshells/ http://america.aljazeera.com/articles/2013/11/13/the-military-s-hiddenhealthcrisis.html
Child and Family PTS	http://www.nctsn.org/resources/topics/secondary-traumatic-stress http://www.military.com/benefits/veterans-health-care/ptsd-can-affect-whole-family.html http://www2.nami.org/Template.cfm?Section=Post-Traumatic Stress Disorder&Template=/ContentManagement/ContentDisplay.cfm&ContentID=68535 NAMI resource, full downloadable brochure for PTSD summary, Secondary PTS and see pages 11 & 12 for child PTS

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