PTSD

1. *Persistent re-experiencing of the event*

distressing dreams, distressing recollections, flashbacks, or emotional and/or physiological reactions when exposed to something that resembles the traumatic event; triggers and body memories; intrusive thoughts the victim cannot control

1. *Persistent avoidance*

of things associated with the traumatic event

reduced ability to be close to other people and have loving feelings

lack of interest in family, friends, or work/hobbies (social withdrawal)

feeling numb or feeling nothing- emotionally dead

may not remember all the details of what happened to them

1. *Persistent symptoms of increased arousal*

sleep difficulties, outbursts of anger, difficulty concentrating, constantly being on guard (hyper-alert, hyper-vigilant), extreme startle response, irritable, jumpy

1. *Duration of at least one month* *of symptoms*
2. *Disturbance produces clinically significant distress or impairment*

in social, occupational or other important areas of functioning

research points to permanent changes in the brain which can affect

memory and other areas (e.g. weight)