

THE TYPES OF PTSD

TYPE 1

Acute Stress Disorder

Acute Stress Disorder involves intrusive memories, avoidance, and hyperarousal occurring within one month of trauma. It usually resolves on its own but can become PTSD if symptoms last longer.

TYPE 2

Complex PTSD

Complex PTSD results from prolonged trauma, like ongoing abuse or captivity, and includes symptoms beyond standard PTSD, such as difficulty with self-regulation, chronic emptiness, and interpersonal issues.

TYPE 3

Normal Stress Response

Normal Stress Response involves short-lived stress responses to trauma that resolve naturally but need monitoring to prevent progression to more severe PTSD.

TYPE 4

Uncomplicated PTSD

Uncomplicated PTSD involves standard PTSD symptoms such as re-experiencing, avoidance, and hyperarousal without additional issues like substance abuse or other mental health disorders.

TYPE 5

Comorbid PTSD

Comorbid PTSD involves PTSD alongside other mental health disorders (e.g., depression, anxiety, substance use). This complexity requires integrated treatment strategies to address all conditions simultaneously.



Post Traumatic Streb Disorder

Jessica J Manson



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