



## Hello and welcome to *your guide to understanding and managing Trauma and PTSD*

In this guide, we explore how understanding Trauma and PTSD can be the first step toward healing and recovery

### What is Trauma?

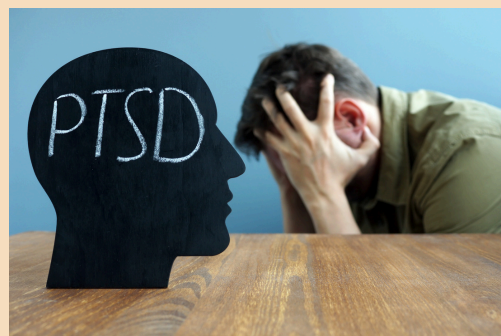


Trauma is the emotional response to a distressing event or series of events. Trauma is very much a subjective experience.

Trauma is conceptualised by adverse events leading to trauma responses, such as accidents, natural disasters, or abuse.

### What is PTSD (Post-Traumatic Stress Disorder)

PTSD is as a mental health condition triggered by experiencing or witnessing a traumatic event



### Key Differences between Trauma and PTSD:

Its important to understand that while everyone who experiences trauma, may not develop PTSD, PTSD is a chronic condition with specific diagnostic criteria.

PTSD is characterised by symptoms that persist for more than a month following the traumatic event.



# Types of Trauma and Recognising Symptoms ♥



## Different Types of Trauma Experiences

- Acute Trauma: One-time events like an accident or sudden loss.
- Chronic Trauma: Ongoing situations such as abuse or bullying.
- Complex Trauma: Exposure to multiple traumatic events, often invasive and interpersonal in nature.

## Symptoms of Trauma and PTSD

- Common symptoms people may notice are flashbacks, irritability, anxiety, or difficulty sleeping.
- There are emotional symptoms you may notice, such as feelings of detachment, numbing, and avoidance.
- you may experience physical symptoms, such as headache and fatigue.



## Recognising Symptoms

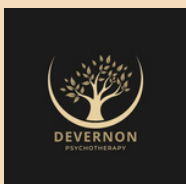
- It is important to notice patterns, feelings, and potential triggers.
- Recognising symptoms can be the first step towards seeking help.



## Limited Time Offer

Book your free consultation to find out how Trauma-Focused CBT can help with managing your particular difficulties.

[BOOK HERE](#)



# Self-Help Strategies and the Role of Trauma-Focused CBT



## How Trauma-Focused CBT Can Help

- CBT can help in addressing distorted beliefs and thoughts related to trauma.
- Trauma-Focused CBT is an evidence-based approach that helps in restructuring cognitive patterns and regulating emotions.
- Read some of our testimonials from others who have benefited from CBT [here!](#)



[BOOK HERE](#)

## Ways to Help Yourself

- practising mindfulness and grounding techniques.
- It can help to maintain a journal to process your emotions.
- physical activities can help with managing stress and anxiety.
- Reaching out to a support network for emotional backing.

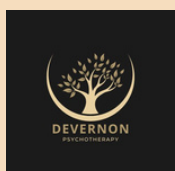
[FIND OUT MORE](#)



## Free Resources

Here are some free resources available to help with managing symptoms

[ACCESS NOW](#)



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