

Trauma & PTSD



We hear so much about PTSD

these days; in the media, in books, and people self-diagnosing themselves in every day conversations.

PTSD is a serious disorder with origins in a traumatic event, stemming from a car accident, crime, war, a severe weather event, childhood abuse, or bullying.

Have you been subjected to at least one of the following?

- Traffic accident
- Being in a war zone
- Loss of a job
- Major weather disaster
- A health crisis
- Abuse: physical, sexual, emotional, psychological, or neglect
- Growing up in a chaotic household
- Death of a loved one
- Divorce (of self or parents) as a child or adult
- Bullying

Do you experience any of the following as a result?

- Nightmares of the event
- Feel like it's happening right now
- Have intrusive thoughts pop into your head
- Hypervigilance (jumpy, suspicious of danger?)
- Easily triggered
- Avoidant behavior/negative behavior

If you think you might be suffering from the effects of trauma and/or PTSD, please see a mental health care professional. There are many different ways to treat PTSD.

I use EMDR (Eye Movement Desensitization and Reprocessing), PolyVagal Theory, DBT (Dialectical Behavior Therapy) and other well researched methods to help people overcome its symptoms.

If you, or someone you care about, seems to be struggling with the after-effects of Trauma (PTSD), please share this message with them. I have helped hundreds of people move past anxiety and would love be of assistance.

Call Cate DiMarzio, LCPC
Licensed Clinical Professional Counselor

(207) 846-1008

Or visit

www.CateDiMarzio.com

Each of us has our own history with events that affect us in an individual ways. Sometimes it's difficult to know if we're actually suffering from the results of a trauma. But if that traumatic experience is affecting your life (or that of a loved one) and interfering with daily activities, then it's time to act.

There are many ways to reduce and manage PTSD. Sometimes we need help to recognize the impact a trauma has had on our lives, to learn new coping skills and decide what works best for us. It can really help to talk to a neutral person to see what it is you might need.

If you are in crisis and unable to wait for a call back, contact your family physician, call for crisis services at 1-888-568-1112, or go to your local emergency room.