

STAGES WE CAN GO THROUGH AFTER EXPERIENCING TRAUMA

STAGE I: Usually occurs shortly after the incident.

SHORT TERM SYMPTOMS:

Extreme feelings of helplessness	Sleep disturbance
Rapid heartbeat	Tingling in the arms
Trouble breathing	Poor concentration
Nausea	Rumination
Trembling and shaking	Withdrawal from others
Excessive sweating	Hypervigilance
Diarrhea	Self medication
Ringing in the ears	Reexperiencing of event
Outbursts of anger	Guilt
Headaches and pain	Blaming
Nightmares	Fear

STAGE II. Usually occurs within six months of incident and last less than six months

SYMPTOMS: (Acute Phase) Anxiety increases if victim can't talk about trauma.

Increased anxiety (wants retribution)
Avoidance of situations/places that remind (trigger) memories
Symptoms of depression
Disinterest in sex
Ongoing weakness and tiredness
Constant thoughts about incident and/or death and dying
Marital problems
Inability to work/concentrate
Preoccupation which lead to accidents on the job
Flashbacks

STAGE III: Symptoms usually develop within six months and last longer than six months

SYMPTOMS: (Chronic Phase)

Chronic, exaggerated depressive symptoms
Preoccupation with disability or pain
Low self-esteem/feelings of worthlessness
Increases anxiety and symptoms of physical problems
Dependence on alcohol and other drugs
Impulse control problems (violent episodes)
Chronic underemployment

Always help the client connect the symptom to the traumatic event.