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B.Ap.Sc (Psych), Grad. Dip. (Couns),
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Applecross Psychological Services proudly offers Cognitive-Behavioural (CBT) and other therapies to help you cope with the symptoms of PTSD.

Inside, you will find information on how to manage your symptoms prior to your session with Dr. Marilyn Barton.

Trauma

Trauma involves exposure to a life-threatening experience. Traumatic events are unexpected and negative incidents that suddenly and unexpectedly intrude on our lives. Traumatic events are usually defined as situations which are life threatening, or where there is a significant threat to one's physical or psychological integrity. Traumatic experiences shake the foundations of our beliefs about safety, and shatter our assumptions of trust, and because they are so far outside what we would expect, these events provoke reactions that seem unusual and disturbing, but are actually normal responses to abnormal events.



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How to Cope with Trauma and Post Traumatic Stress Disorder (PTSD)



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What Are The Causes Of Trauma?

Certain events can cause trauma, but the traumatic reaction varies according to the individual and the situation. There is always a strong subjective component in people's responses to traumatic events, and it is influenced by the nature of the traumatic event, available support, concurrent stresses, personality and coping resources.

What Are The Symptoms Of Trauma?

- Fatigue/exhaustion
- Disturbed sleep
- Changes in eating patterns/nausea.
- Changes in sleeping patterns/nightmares
- Restlessness
- Headaches,
- Excessive alertness and being easily startled
- Loss of concentration and memory.
- Visual images of the event.
- Intrusive thoughts
- Disorientation and confusion
- Fear and avoidance.
- Numbness and detachment
- Depression and guilt
- Over sensitivity
- Anxiety and panic
- Withdrawal and tearfulness.

What Will Help?

- Recognising that you have been through a distressing experience.
- Reminding yourself that your reactions are not abnormal and that you are coping.
- Avoiding the overuse of alcohol or drugs to cope.
- Avoiding making any major decisions
- Gradually confronting what has happened. Don't bottle up your feelings.
- Trying to maintain a normal routine.
- Do not unnecessarily avoid certain places or people.
- Allowing yourself time to rest.
- Letting family & friends know of your needs.
- Making time to practice relaxation
- Expressing your feelings as they rise.

How Is Trauma Treated?

- Learning more about the condition- and knowing that the reactions are normal, can help make the symptoms associated with the trauma easier.
- Working through the memories of the event to help take away the worst of the fear and unhappiness.
- Relaxation or stress management

What Is Post Traumatic Stress Disorder (PTSD)?

PTSD is the most common diagnostic category used to describe symptoms arising from emotionally traumatic experience(s) involving actual or threatened death or injury to themselves or others, and where they felt fear, helplessness or horror. Typical traumatic events include violent assault, torture, being taken hostage, kidnapped or held as a prisoner of war, terrorist attacks, severe car accidents, being victims of natural or man made disasters, being diagnosed with a life threatening illness, witnessing or learning about the unexpected death or injury of another person. PTSD is characterised by the development of a long-lasting anxiety response following this traumatic or catastrophic event and usually develops within 3-6 months of the traumatic event (although it sometimes takes longer).

What Are The Symptoms Of PTSD?

- Images, dreams or flashbacks of the traumatic event.
- Avoidance of cues which act as reminders of the traumatic events.
- Amnesia about the important aspects of the traumatic event.
- Intense arousal and anxiety on exposure to trauma cues.
- Depressed or irritable mood.
- Social withdrawal.
- Concentration and memory difficulties.
- Nightmares or disturbed sleep.
- Being easily startled.

What Will Help?

If help such as psychological therapy (and sometimes in conjunction with medication), is sought, there is a very good chance that the symptoms can be reduced or overcome.

How Is PTSD Treated?

- Learning more about the condition, and knowing that the reactions are normal, can help make PTSD easier.
- Working through the memories of the event to help take away the worst of the fear and unhappiness.
- Relaxation or stress management

Further Help Needed?

At these times, you may wish to seek help from someone you trust such as a close friend or family member, or professionally through your local GP, or through counselling. Applecross Psychological Services can assist you with this process.

Who is Dr. Marilyn Barton?

Dr. Marilyn Barton established Applecross Psychological Services ten years ago to care for the mental health and well being of patients in the southern corridor of Perth. She is an experienced clinical psychologist, who has been counselling children, young adults, parents, families for the last 25 years. Along with her tertiary education, including a PhD, Dr. Barton also possesses a Diploma of Clinical Hypnosis. She is also a member of the Australian Psychological Society's College of Clinical Psychologists and The Australian Society of Hypnosis.

How Do I See Dr. Marilyn Barton?

- Appointments can be made via phone or email. You can meet with us or even SKYPE or FaceTime us from the comfort of your own home.
- Monday - Thursday, 9am - 5pm.
- Appointments are 50 minutes long.

