

# **Childhood Post Traumatic Stress Disorder (PTSD)**

**ANXIETY**

**BEHAVIORAL IMPULSIVITY**

**AGGRESSIVE**

**HYPERVIGILANCE**

**HYPERACTIVITY**

**APATHETIC OR DEPRESSIVE**

**SLEEP DIFFICULTIES**

**TACHYCARDIA OR HYPERTENSION**

## **How PTSD Occurs:**

1. Events that disrupt a child's state of calm are, by definition, stressful. If the stress is severe, unpredictable, prolonged or chronic (continuous), the young person's coping mechanisms can be over activated, or fatigued and incapable of restoring the previous state of calm. (*Example of spring*)
2. An event is considered 'traumatic' if it overwhelms the child dramatically and negatively, disrupting their state of calm. In a very real sense trauma throws the child 'off balance,' and creates a lasting set of coping responses which create a new, but less functionally flexible state of calm (ex. "*learning to play the game*"). This new, trauma-induced "state of calm" is more energy consuming and more uncomfortable than the previous, normal state. 'By developing this 'expensive' new state of calm and compromising full functional capability, trauma robs the young person. He has survived the traumatic experience, but at a cost.'