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**MONOGRAPH  
“PTSD AND ITS IMPACT ON HISTORY IN THE LAST 75 YEARS.”**

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### **Gratitude**

I would like to thank my family for the confidence they have in me to study in such a prestigious high school and also the teachers because they give me good advice and how to do my monograph and God that is looking after me. All my effort has been to be a better student and person and all that is thanks to my High School that has given me all the necessary and I am thankful for that.

## Summary

PTSD is an emotional well-being sickness activated by a startling occasion, regardless of whether you have encountered or seen it. Manifestations can incorporate reviviscences, bad dreams and serious anguish, just as wild contemplations about the occasion. The vast majority who experience awful mishaps may have brief challenges to proceed with their lives, at the same time, with time and great individual consideration, they normally improve.

On the off chance that the indications deteriorate, keep going for a considerable length of time or even years and meddle with your day by day exercises, you may have posttraumatic stress issue. Acquiring compelling treatment after side effects of posttraumatic stress issue show can be basic to lessen side effects and improve working. PTSD manifestations are generally gathered into four sorts: meddlesome recollections, avoidance, negative changes in deduction and temperament, and changes in passionate and physical responses.

Indications may fluctuate after some time or from one individual to another. PTSD manifestations may differ in power after some time. You may have more indications of posttraumatic stress issue when you are worried by and large or when you experience things that help you to remember what you experienced. If you have upsetting musings and emotions about an awful mishap for over a month, in the event that they are not kidding, or on the off chance that you believe you experience difficulty recovering control of your life, converse with a specialist or a psychological well-being proficient. Getting treatment as quickly as time permits can help keep PTSD indications from deteriorating.

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## Introduction

The present task is a research work on: What are the aspects to consider when starting a study on people that have PTSD and how they got to the mental state. PTSD involves a lot of subjects such as: treatments, therapy, which group of people are affected the most when PTSD is present or the most common thing to study about PTSD that will be side effects that someone presents this mental disorder. So, with all this stated, my monograph's main topic is ***PTSD and its impact on history in the last 75 years.***

PTSD is a factor that affects many people that have been victims of a crime or a tragic event that can various reasons such as violations, deaths or the majority of cases that are present in a war. So the three are a lot of questions such as: ¿Does PTSD occur to everyone that goes through a tragic event or it depends on the person's mental strength? ¿Are there various treatments for the patients? ¿What solutions can be given in this respect?

Many books and websites talk about all the factors to be taken into account when it comes to PTSD, and all the problems that can arise, but with the wars that the world is going through, adding to this the scarce or null incentive for curing PTSD , makes us realize that although there is a lot of knowledge in these books that can be applied to our reality, the social and medical situation is not the same, which often leads us to fall into the uncertainty in which we find ourselves and lead us to think: What can we do to fix someone with PTSD? when we come across data such as: The majority of people that are affected with PTSD are product of wars or events such violations or deaths. It is normal to feel apprehensive during and after a horrible circumstance. Dread triggers many split-second changes in the body to help guard against threat or to evade it. This "battle or-flight" reaction is a run of the mill response intended to shield an

individual from hurt. Almost everybody will encounter a scope of responses after injury, yet the vast majority recuperates from beginning manifestations normally. The individuals who keep on encountering issues might be determined to have PTSD. Individuals who have PTSD may feel pushed or terrified, in any event, when they are not in peril.

It is important to be fully aware of everything that goes into evaluating a patient with PTSD in our medical environment, the work I present consists of 3 chapters with their respective conclusions and recommendations that allow the reader to get an overview of each aspect when we study about someone that has PTSD.

The following monograph has been divided in three sections which are the following: the first chapter which name is introduction gives the concept of PTSD, its characteristics and the evidence that is present to believe that PTSD is present. The second chapter explains what goes in the medical section such as diagnoses, treatments or how it works for adults. And the last chapter is about how hard it can be living with PTSD and how we can show our support to these victims.

## Chapter I

### Introduction

#### 1.1 Concept

PTSD is a disorder that results from a disturbing event that affects a person's mental state which is a normal response from the human being. PTSD is characterized by a symptomatic triad of invading phenomena, avoidance behaviors and hyperalertic symptoms in response to a traumatic event, which can occur in any subject at any age. You may experience the ill effects of PTSD subsequent to living or seeing horrendous mishaps, for example, war, typhoons, assaults, physical maltreatment or a genuine mishap. Post-horrible pressure issue makes you feel pushed and apprehensive after the risk has passed. It influences your life and that of the general population around you.

Glenn Schiraldi (2000) on his book *The Management of PTSD in Adults and Children in Primary and Secondary Care* states the next:

Life doesn't set us up for injury. Following presentation to horrendous accidents, a large number of individuals create PTSD or lesser types of this condition—with side effects running from bad dreams to migraines, pulling back from, significant misery, nervousness, negativity, sexual issues, and enthusiastic desensitizing. (p.12)

#### 1.2 Characteristics

The typical characteristics of post-traumatic stress disorder are: repeated episodes of re-experiencing the trauma in the form of revivifies or dreams that take place against a persistent background of a feeling of "numbness" and emotional numbness, detachment from others, of lack of capacity of getting past that event that affects your mental state. Tense muscles and the



heart is reached faster and stronger and increases the respiratory rate. The brain will be sharper and able to react more quickly in this situation.

“The side effects of uneasiness are simply an overstated pressure reaction. They reduce as we retrain our sensory system to be more settled. They increment as we reveal to ourselves that they are deplorable and must stop” (Glenn Schiraldi, 2000, pag.31).

Normally, when the brain detects a threat, a chain is physically initiated with changes that prepare the body for a fight. Messages are sent through the nerves in different parts of the body.

Glenn Schiraldi (2000) affirms:” Numerous triggers in the present condition can initiate horrendous memory material and invigorate interruptions. Triggers are signals—frequently innocuous—that have moved toward becoming related with the first injury” (pag.35).

### **1.3 PTSD Evidence**

The existence of man, since always, has been threatened by wars and catastrophes. It could even be claimed that the history of humanity has been built, in large part, on psycho traumatic events. Therefore, when trying to follow the historical evolution of the disorders, it cannot be avoided and data of very different origin are mixed. Different historical cultures have developed all kinds of rituals, Propitiatory or expiatory, to release and reorganize the experiences of those affected by psycho traumatism. Some still persist, with all their anthropological value. The therapeutic efficacy of the practices of "indigenous healers" in Veterans of the Vietnam War with symptoms of post-traumatic stress disorder, belonging to certain ethnic groups. These healing practices attenuated progressively symptoms such as shame, anger or guilt, allowing a better acceptance of themselves. Individuals reported feeling "liberated and purified", after the opportune ritual.

In the "Greek Illustration" it had its Origin classical tragedy, authors such as Sophocles, Aeschylus and Euripides; they bring a new appreciation of post-traumatic suffering. The terror aroused by the Divine will, it is contemplated from the perspective of human destiny Including guilt and motivation in the tragic action. So it could be said that PTSD has been present along all humanity.

#### **1.4 The Term "Posttraumatic Stress Disorder"**

The term "Posttraumatic Stress Disorder" (PTSD) appears first in the 3rd edition of the Diagnostic and Statistical Manual for Disorders Mental prepared by the American Psychiatric Association. From the principle and despite its worldwide diffusion, it has turned out to be a term, the less controversial.

It seems that the authors, avoiding using the word "neurosis", for them imprecision, fall into a conjunction between two terms: "stress" and "trauma" that do not they characterize precisely because of their conceptual specificity. The term stress comes from the field of psychophysiology and initially it designated a type of answers of the organism. Then he went on to designate the stimulus that produces them. Later it ended up naming an entire area or field of study that includes stimuli, answers and variables that they intervene between both. The term "trauma" comes etymologically from Greek which means wound or lost. The development of this concept is psychodynamic.

Already in the first jobs of Breuer and Freud (1893) the trauma was identified as:

All experience reminiscent of horrendous feelings and sentiments which lead to circumstances, for example, alarm, anguish, disgrace or torment likewise the over-burden of fervor and can't be scattered in the typical manner, causing adjustments lasting in the appropriation of clairvoyant vitality.(parr.7)

In this first conception the trauma was considered a punctual event that characterized a situation as traumatic. The term trauma, comes from psychoanalysis, is a term that initially was designated to specific events that overexcited the individual. Subsequently, it was used indiscriminately in the interpretation of neurotic psychodynamics.

Today, for the authors of this trend, it designates tragic events that cause such an impact on the individual that they break down their psychological defenses, causing a deep wound of the mind that will remain a sequel scar. The psychic "trauma" refers to an existential threat. On the other hand, unlike other psychiatric disorders that are described by its symptomatology, PTSD is defined by its etiology.

The same term already implies a Causal relationship between an event and a specific clinical picture. So the conclusion is that the term "PTSD" is of the many aspects involved in the diagnosis of PTSD, it has been pointed out The following critical issues: what is a disorder defined by its before by its etiology that by its syndromes' structure. From the point of view of the etiology, is the need to differentiate between stress and trauma.

You can not confuse a reaction to stress, adaptive and constructive, of a traumatic experience, markedly disruptive and destabilizing To consider an event as traumatic, we must take into account its objective characteristics: type, intensity, repercussions (losses, deaths, injury, involvement (victim, witness, for himself or others), but especially the subjective response

(intensity of affect or negative appreciation) that will be determined, in the end, that a certain event is traumatic or not.



## Chapter II

### Post-Traumatic Stress

#### 2.1 Diagnoses

To diagnose posttraumatic stress disorder, it is likely that the doctor recommends the following points:

- Perform a physical exam to find out if there are medical problems that could cause symptoms.
- Perform a mental exam that includes an analysis of your signs and side effects, and the episode and episodes that will cause them to be triggered.

The conclusion of posttraumatic stress issue expects introduction to an occasion that inferred a genuine or conceivable risk of death, viciousness or genuine damage. Presentation can occur in at least one of the following ways:

- You encountered the awful accident legitimately
- You saw face to face the horrendous accident that transpired
- Did you realize that a relative or companion experienced or was compromised by the horrendous mishap.
- You are over and over presented to unequivocal subtleties of horrendous mishaps.



You may have post-horrendous pressure issue if the issues you languished after that introduction proceed over a month and cause huge issues in your capacity to work in both social and workplaces and influence your connections adversely.

## **2.2 Treatments**

The treatment of PTSD can help you recover the sensation of having control of your own life.

The primary treatment of PTSD is psychotherapy, but it can comprehend medicines. The combination of some meds or treatments can help you progress through your side effects. First you can teach yourself abilities to approach the symptoms, then treating different issues that are frequently identified with encounters, for example, despondency, tension or bad use of medication.

Various kinds of psychotherapy, called talk treatment, can be utilized to handle children and grownups with PTSD. A few kinds of mental therapy utilized in the treatment of posttraumatic stress issues are cognitive therapy which involves recognizing the perspectives that make you remain stuck, negative thoughts about yourself and the danger of awful accidents happening once more, the best the individual can do is accept the situation and to not feel weak. As Cariv (2013) says: “we might say that PTSD it's not the individual declining to relinquish the past, however the past declining to relinquish the individual” (parr.5). When we feel feeble, we drop our heads on the shoulders of others.

The exposure therapy causes you to stand up to circumstances and recollections that alarm you so you can figure out how to manage them successfully. Exposure treatment can be especially helpful for review bad dreams.

In one of the methodologies, virtual reality projects are utilized that enable you to get yourself again in the circumstance where you experienced the injury. Desensitization and reprocessing of eye development consolidates introduction treatment with a progression of guided eye developments that help you process horrible recollections and change the manner in which you respond to them.

The medic or therapist could enable you to create pressure the board aptitudes to all the more likely handle unpleasant circumstances and adapt to worry in your life. Talking about nightmares could help, because these are not the exact replays of the situation. As Alice Cariv (2013) says: "PTSD bad dreams aren't constantly correct replays of the occasion. Once in a while they replay the feelings you felt during the occasion, for example, dread, vulnerability, and trouble" (párr.5).

Every one of these methodologies can enable you to have control of the sentiment of enduring apprehension after the horrendous mishap. You and the psychological well-being proficient can dissect what sort of treatment or mix of treatments best suits your needs. You can attempt singular treatment, in a gathering or both. Gathering treatment can offer an approach to interface with other people who are experiencing similar encounters. But the true key of getting passed this is being patient.

### **2.2.1 Psychological therapies for chronic of PTSD in adults.**

Past surveys have upheld the utilization of individual psychological conduct treatment concentrated on injury and desensitization and reprocessing of eye development in the treatment of PTSD. CBCT is a variation of psychological social treatment that incorporates a few systems to enable the patient to beat a horrible accident. It is a blend of subjective treatment that means to change the way the patient thinks and social treatment that intends to change the way the patient

demonstrations. The TCCCT encourages the patient to acknowledge an injury by presentation to the recollections of the occasion. DRMO is a mental treatment that means to enable the patient to reprocess recollections of an awful accident. The treatment incorporates uncovering troubling pictures identified with injury, convictions and physical sensations, while the specialist aides eye developments from side to side. Progressively positive feelings of injury recollections are related to the aim of supplanting those that reason issues.

The trials of every one of the correlations made in this audit were assessed as exceptionally low quality. These tests demonstrated that individual CBT and DRMO were superior to hanging tight and common consideration for the decrease of PTSD manifestations assessed by a specialist. (Cooper, 2013, párr.9)

### **2.3 'Medications**

Antidepressants can help with the symptoms of sorrow. They can in like manner help improve rest issues. Serotonin reuptake inhibitor (SSRI), sertraline (Zoloft) and paroxetine (Paxil) medications are confirmed by the Food and Drug Administration (FDA) for the treatment of post weight issue. Anxiolytic prescriptions can quiet certifiable anxiety and its related issues.

Some foe of apprehension medications has the potential for maltreatment, so they are all around used particularly for a brief time span. Minipress can diminish or smother terrible dreams in specific people with PTSD, a later report showed no points of interest over phony treatment. In any case, individuals in the progressing examination differentiated from others in habits that could possibly influence the results. People who are considering prazosin should speak with an expert to choose whether their particular conditions may mean a test with this solution.

You and the medic can cooperate to locate the best medicine, with minimal measure of reactions, for your manifestations and your circumstance. You may see an improvement in your mind-set and different indications in half a month.

Enlighten the medic regarding any symptoms or issues with meds. You may need to attempt multiple or a mix of meds, or your primary care physician may need to alter your portion or drug plan before finding the one that is directly for you.

### **Chapter III**



## **Post-Traumatic Stress**

### **3.1 Living with PTSD and how difficult it is**

Being a piece of a fiasco, a mishap or a seizing leaves evident physical follows, yet additionally mental outcomes, for example, post-horrible pressure, which can cripple the influence individual in their everyday life.

For a few, the stressors engaged with a military crucial not end when they return home. It is difficult to overlook having encountered dangerous circumstances or having been presented to death or genuine damage. Numerous individuals keep on remembering occasions in repeating recollections, bad dreams and tedious musings and pictures. They may feel on edge and disconnected from the rest.

Much of the time, these are ordinary responses to unusual occasions, and vanish after some time. Nevertheless, if the responses are serious and last over a month, it is imperative to see a restorative expert to survey whether there is a post-awful pressure issue (PTSD).

### **3.2 How to support persons with PTSD**

In spite of the fact that the horrendous mishap is by definition unexpected, the facts confirm that a progression of tips can be pursued, less to keep it from occurring, yet to keep its mental results from prompting a post-awful pressure issue.

On the off chance that an individual is determined to have PTSD, it is hard to tell to what extent the side effects will last. Getting backing is significant. Alongside emotional well-being treatment, the National Center for Post-Traumatic Stress Disorder suggests acquiring data about



PTSD. A key method to get backing is to converse with other military veterans in a gathering setting. Physical wellbeing and prosperity are likewise significant. Ensure that essential needs are met, for example, eating appropriately and getting enough rest.

It is additionally valuable to search for approaches to decrease pressure. This should be possible by learning unwinding methods, practicing or setting aside the effort to take an interest in engaging and imaginative exercises. Individuals with side effects of PTSD ought to be mindful to evade speedy arrangements that can shroud issues. Separating yourself from other individuals or utilizing medications or liquor may appear to be an approach to manage the circumstance, however PTSD is something you face, and you do not maintain a strategic distance from it.

The utilization of medications and liquor and the separating of other individuals can make it hard to beat PTSD. You do not need to do only it. On the off chance, that you or somebody you know can have PTSD, you can call your Employee Assistance Program (EAP) or essential consideration doctor for assistance.

As Melinda Smith (2013) says:

Try not to weigh your adored one into talking. It tends to be hard for individuals with PTSD to discuss their horrible encounters. For a few, it can even aggravate them feel. Rather, let them realize you are willing to listen when they need to talk, or simply hang out when they do not.  
(parr.12)

Do "ordinary" things with your adored one, things that have nothing to do with PTSD or the horrendous experience. Urge your adored one to take an interest in cadence exercise, search out companions, and seek after diversions that bring joy. Take a wellness class together, go out, or set a normal get-together with loved ones.

Let your cherished one lead the pack, as opposed to guiding the person in question. Everybody with PTSD is distinctive however; the vast majority naturally recognizes what makes them feel quiet and safe. Submit general direction to your cherished one with respect to how you can best offer help and friendship.

Deal with your own pressure. The quieter, loose, and centered you are, the better you will have the option to support your cherished one.

Be quiet. Recuperation is a procedure that requires significant investment and regularly includes difficulties. The significant thing is to remain positive and keep up help for your cherished one. Instruct yourself about PTSD. The more you think about the manifestations, impacts, and treatment choices, the better prepared you will be to enable your cherished one, to comprehend what they are experiencing, and keep things in context.

Acknowledge and blended emotions. As you experience the passionate wringer, be set up for a muddled blend of sentiments—some of which you will never need to concede. Simply recollect, having negative emotions toward your relative does not mean you do not love them as Alice Cariv (2013) says: "PTSD bad dreams aren't constantly correct replays of the occasion. Once in a while, they replay the feelings you felt during the occasion, for example, dread, vulnerability, and trouble" (párr.5).

Every one of these methodologies can enable you to have control of the sentiment of enduring apprehension after the horrendous mishap. You and the psychological well-being proficient can dissect what sort of treatment or mix of treatments best suits your needs. You can attempt singular treatment, in a gathering or both. Gathering treatment can offer an approach to interface

with other people who are experiencing similar encounters. But the true key of getting passed this is being patient.

### **3.3 Soldiers**

Regardless of whether in the military or as non-military personnel, sooner or later during our lives a considerable lot of us will experience a horrible accident that will challenge our perspective on the world or ourselves. Depending upon a scope of elements, a few people's responses may keep going for only a brief timeframe, while others may encounter all the more dependable impacts. Why a few people are influenced more than others has no straightforward answer. In Canada, it is evaluated that up to 10% of combat area Veterans—including war-administration Veterans and peacekeeping powers—will proceed to encounter a constant condition known as post-horrendous stress issues (PTSD), while others may involvement with least a portion of the manifestations related with this condition.

They make you feel like a superhuman, such as nothing is going to break you and when you experience these encounters and you turn out, you don't feel like a hero. Everybody says, 'Gracious thank you for your administration, thank you for doing what you do,' so you need to keep that façade, and that is not so much what's happening, within. (Griffin,2018, párr.1)



## Conclusions

At the end of this monographic work it is concluded that:

- We as a society need to show our support to these people because it is very hard living with this disorder.
- A partner can be very useful in these situations, however you must choose the gentle way, otherwise the victim can become more unstable and be a major threat to his own life and ones that surround him.
- The Doctors must know how to handle the information correctly, because this is vital to control the victim's emotions.
- PTSD is a Disorder that affects a lot of people, so we need to identify the people that suffer from this and take them to a hospital. It's hard not to think about the indications of PTSD literally; however it's imperative to recall that an individual with PTSD may not generally have authority over their conduct. Your adored one's sensory system is "trapped" in a condition of consistent alarm, making them constantly feel powerless and perilous. This can prompt displeasure, peevishness, sadness, question, and other PTSD manifestations that your cherished one can't just decide to kill. With the correct help from loved ones, however, your adored one's sensory system can become "unstuck" and they can at long last proceed onward from the awful accident.
- Educate yourself about PTSD. The more you know about the symptoms, effects, and treatment options, the better equipped you'll be to help your loved one, understand what they are going through, and keep things in perspective.

- Let your cherished one lead the pack, as opposed to instructing the person in question. Everybody with PTSD is distinctive however the vast majority intuitively realize what makes them feel quiet and safe. Submit general direction to your cherished one with respect to how you can best offer help and friendship.
- Try not to pressure your adored one into talking. It very well may be hard for individuals with PTSD to discuss their horrendous encounters. For a few, it can even aggravate them feel. Rather, let them realize you're willing to listen when they need to talk, or simply hang out when they don't. Solace for somebody with PTSD originates from feeling drew in and acknowledged by you, not really from talking.



## Recommendations

At the end of this work it is recommended that:

- Perform a great filter when selecting work personnel to whom to delegate medical solutions.
- With the right treatment, though, the debilitating symptoms of PTSD lessen and it is possible to regain normal functioning. By focusing on treatment and facing past traumas, you can learn to manage and recover from this condition and get back to work.
- The most important thing anyone with PTSD can do is get treatment. Trauma-focused therapies, along with family support, medical care and medications when appropriate, social skills training, and other types of treatment can improve and ultimately restore function.
- Use social media to find these people and give solutions and support.
- Don't become an enemy of the person, always try to be gentle these persons and show support.
- It is critical to recollect that not every person who lives through a hazardous occasion creates PTSD. Truth be told, a great many people won't build up the confusion.
- Clinical preliminaries are research contemplates that take a gander at better approaches to anticipate, recognize, or treat infections and conditions. The objective of clinical preliminaries is to decide whether another test or treatment works and is protected.

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