

Treatment for

Psychology



The paper “ Treatment for Post Traumatic Stress Disorder" is a thoughtful variant of a term paper on psychology. After a traumatic experience, it is usual to feel terrified, depressed, nervous and detached. Usually after some time, the upset dies away, and one regains the normal condition. This is not always the case, because, at times, several people undergo traumatic experiences while young but later in life they are always haunted by the trauma of these experiences. The trauma becomes so irresistible to the extent, that one can no longer take any pleasure in life. Someone will always be feeling as if he or she is fixed at the point with a steady sense of danger and hurting memories that do not fade.

As a result, research has proved that if someone goes through a traumatic event and gets difficulties to regain the normal state of rest, getting along with other people, and feeling secure yet again, in that case, the person may be having post-traumatic stress disorder. With the illness of post traumatic stress disorder, it appears as if someone will never cast the upsetting memories of what happened, or regain the normal consciousness. Therefore, it is advised that someone seek the necessary treatment, and get the relevant help to stop the illness and progress on with life (Foa, Keane & Friedman, 2010). Psychotherapy is found to be the most appropriate treatment for post traumatic stress disorder. There are various types of psychotherapies available, but they all share familiar features. Therapy is individualized so as to cater to the concerns and requirements of each unique upset survivor. This is usually based on a detailed interview and consultation at the onset of the treatment. Trauma therapy is always carried out when the victim is not by the moment in the crisis. The aim of the <https://assignbuster.com/treatment-for/>

trauma-focused examination is to enable the survivor to gain the lofty sensible approach and self-confidence in coping with upset memories and feelings. These all are brought about the occurrence of terrible events.

Research has proved that group psychotherapy is the most appropriate psychotherapy approach in the treatment for post traumatic stress disorder. The method can particularly be of benefit especially to those people going through disturbing upset because of traumatic events they experienced earlier in life. Group treatment is mostly done in the military clinics, and the veteran centers, it is also done in other mental health, and emergency clinics for patients of physical attack and mistreatment.

Some peers usually come together and offer an ideal therapeutic setting after trauma survivors present the traumatic relevant information. The traumatic survivors have the jeopardy of giving out the shocking information since there is the security, unity, and understanding offered by the other survivors. Furthermore, it becomes easy to have a confrontation with a colleague survivor. This is because; the fellow survivor directly had been exposed to the same or other traumatic experience (Foa, Keane & Friedman, 2010).

These peers get a greater understanding and solution of the distressing themes, as a result, they become more open to each other, and they gain confidence and gets into a situation of having lofty faith among them. As they go through the hardship of shocking disgrace, blame, dread, uncertainty and self-condemnation, they equip themselves to face the current situation despite what happened there before. One out speaking his

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or her story without fear or shame of blame has lent a hand to many sufferers to move on with life instead of staying in silent misery and helplessness.

Group psychotherapy in the past has been practiced and currently is being practiced in nearly all the mental health centers and clinics. The results from this form of diagnosis for post traumatic stress disorder have always been pleasing. Moreover, a great number of patients suffering from post traumatic stress disorder from their experiences, have turned to this form of treatment, and as a result, recovered, and gotten back their normal life.

Group psychotherapy has consistently facilitated in building a strong relationship of someone with others who knows the trauma that that person has gone through earlier. It has been easy to offer natural support group through the efficient practice of group psychotherapy. Consequently, a great number of patients can receive this form of treatment from the cost-effectiveness. Additionally, groups have significantly lent a hand to patients by creating a situation where they feel having much control of their emotions. The signs cease and the patient takes pleasure in life yet again.

An increasing percentage of post-traumatic patients are currently getting efficient treatment from the increasingly widespread awareness of this form of treatment. Group psychotherapy has been of substantial assistance since the groups are typically small for the sufferers to feel at ease and also to air out their experiences without fear (Foa, Keane & Friedman, 2010).

There before, the treatment for post-traumatic stress disorder was always being undesired by the patients. Whenever the patient could speak or discuss the traumatic experiences he or she had gone through, it was exceedingly hurting and brought shocking recollections and feelings of those events. This situation, therefore, makes the group psychotherapy the most appropriate, because it is not tied down to many procedural approaches that might end disappointing the victim.

Therefore, I resolutely attest and recommend for the group psychotherapy in the treatment of post-traumatic stress disorder to people having emotional torment from their experiences. I also wish to recommend for this treatment in the other various health centers that also deals with other mental illnesses. Finally, post-traumatic stress disorder is increasingly being experienced by various people globally; therefore, group gathering will have significant results for the mental anguish, depression, and social change for the victims.