



# Infinite Dimensions

Wellbeing Therapies

# Ptstd

## What Is Post Traumatic Stress Disorder (PTSD)?

PTSD is an anxiety disorder that occurs following traumatic events such as car accidents, assaults, abuse, violent deaths, military combat, disasters and terrorist attacks. For some people it develops immediately after the event but for others it can occur weeks, months or even years later. Around 1 in 3 people who experience a traumatic event, go on to develop PTSD

## How Can It Affect Me?

PTSD often manifests with flashbacks, and nightmares about the experience that caused the trauma. You may find you have difficulty sleeping (insomnia), have feelings of isolation, guilt, irritation and feel disconnected from the people around you. Concentration can be difficult and you may find it hard to cope day-to-day. It can make relationships difficult as you feel others don't understand what you have been through and you may find yourself pushing people away.

## How Can I Help Myself?

Relaxation can help to stop you feeling on edge and expecting the worst.

Meditation can help you to control your thought patterns and reduce the experiences of reliving the situation.

Talking about your experience with a friend or counsellor can be helpful, as they can help you to work through it and support you.

## What Do I Do If It Gets Too Much?

If you are finding your PTSD is affecting your day-to-day life and causing problems with work and relationships or you are turning to drugs or alcohol to feel better you should make an appointment to see your GP. They can talk through options with you including medication, counselling, Cognitive Behavioural Therapy and Eye Movement Desensitisation and Reprocessing or a combination of these therapies, all of which can be very effective.

If you choose to use a private counsellor make sure they are BACP or NCS registered. The British Association for Counselling and Psychotherapy and the National Counselling Society hold the voluntary registers for counsellors and psychotherapists so you know that anyone registered with them has the appropriate training and qualifications to treat you.

**Make an appointment today**

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