

HELIOS NEWSLETTER



November's Mission: Empowering Veterans and Families

In 1980, The American Psychiatric Association added PTSD to the DSM-III. The criteria for PTSD was revised in 1987, 1994, 2000, and 2013.

People have always been exposed to traumatic experiences. This is certainly true of those involved in our military. An Austrian doctor coined the expression "nostalgia", which he used to describe those negatively impacted by their combat experience. Another U.S doctor by the name of Jacob Mendez treated soldiers who had what he described as "soldiers heart " or "irritable heart" with drugs meant to make them suitable to return to combat.



PTSD became recognized as a mental health disorder in 1980.

Veterans, feminists, and Holocaust survivor advocacy groups all had a hand in influencing the creation of this diagnosis. Research done on Veterans returning home from combat contributed to this diagnosis becoming part of mental health care.

In WW1 and WW2 the terms "shell shock " and "battle fatigue" were expressions which described soldiers who became battle weary and exhausted.

There are 4 different types of symptoms common to PTSD survivors.

These include:

- re-experiencing,
- avoidance,
- hyperarousal,
- and negative thoughts/feelings.



PTSD is more common among veterans than civilians (**7 out of 100 men, 13 out of 100 women**). Diagnoses such as PTSD are three times more likely among veterans who were deployed. In some cases, this can be seen in veterans who suffer from MST (military sexual trauma).

PTSD was actually discovered to be rather common, as **4 out of 100** American men and **10 out of 100** American women seemed to show signs of PTSD.

Three common therapeutic practices typically used to treat PTSD in veterans:

- Eye Movement Desensitization and Reprocessing,
- Prolonged Exposure,
- Cognitive Processing Therapy.

Medications such as:

- Zoloft,
- Effexor,
- Paxil

are just some examples of medication given to help veterans experiencing PTSD symptoms.



PTSD has had a negative impact on many who have served in our Armed Services. These veterans deserve every possible effort to help them have a chance for healthy and productive lives. If you or someone you know is experiencing symptoms of PTSD, do not hesitate to seek help.

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