Posttraumatic Stress Disorder

Name

Institutional Affiliation

My partner is likely to develop posttraumatic stress disorder in this case. This is due to several reasons. First, she has the ability to hold in her emotions in public meaning that she does not release them and they may end up affecting her internally. Posttraumatic stress disorder often develops after a horrifying ordeal and may not happen at the time of the event. The person may not necessarily have been harm, but must have been in the situation and experienced the effects. Medics have proven that emotions that are hidden or hold inside our hearts may be quite dangerous. Whenever someone shares out their feelings, it becomes easy as that person is relieved off that burden. This is the reason as why I may not develop posttraumatic stress disorder as being quite emotional in public, my emotions would engulf me the instance the child dies in my hands and I would break down and get it over with.

The advantage of such a reaction is that you do not allow the emotions to stay within you but rather you take them out immediately. This leaves you with a stress free life. Unlike me, my partner will hold up her emotions at that time because we are in a public place. She will console me and her emotions will accumulate in her heart. After all has been done and everyone proceeds to their homes, she will start remembering the incident and being in private, emotions will not take over her. The resultant is posttraumatic stress disorder. The problem with this is that, it normally occurs in solitude and the victim does not have people around to assist with the situation.

The risk and resilience factors associated with the situation are varied. My partner is resilient in that she can old her emotions in public. This is however a risk because a lot continues to build up in her mind and this can lead to posttraumatic stress disorder. Being resilient may be a positive thing in more than one ways but it is the ability to hold to and not let anything take control over your mind or should that matters. There are many people who can be able to witness a gristly situation and they fail to be affected (Yehuda, 2002). This is normally due to resilience and failure to accumulate emotions.

My partner will not show her emotions in public and so the first day nothing much will happen to her. She may experience some emotions but she will try to hide it. However these emotions fill up her mind and it starts to affect her. She may not at all be willing to discuss the events of that day as the reminders affect her. Thus, she will inside be re-experiencing the traumatic event. She could avoid activities, places, thoughts or feelings that remind her of the event. She will appear detached and emotionally numb. At times, heavy beating of her heart may symbolize the intense physical reaction to reminders of the event. She could also be showing signs of increased anxiety and emotional arousal. This could include the lack of concentrations, outburst of anger, hypervigilance, and difficulty in falling asleep and feeling jumpy and easily startled.

There are several treatment strategies that can be employed to assist her manage the posttraumatic stress disorder. They include family therapy, trauma focused cognitive behavior therapy, mediation and eye movement desensitization and reprocessing (Yehuda, 2002). In all these strategies one thing remains constant, that the only way to treat it is to heap her deal with the trauma. It could be through various ways and one of the best is identifying a therapist who specialized in treatment of trauma. The therapist will have the necessary know how on the problem and thus it becomes quit easy to solve. Given the change, I would advise my partner to avoid holding up emotions in the heart. She may not be able to display her emotions in public, but she can find a way to release those emotions before they result in the posttraumatic stress disorder.

Reference

Yehuda, R. (2002). Post-traumatic stress disorder. *New England Journal of Medicine*, *346*(2), 108-114.