

# Download The What And How Of Ptsd Understanding And Moving Beyond

Our 3 core workshops (1-3) go from PTSD Practitioner Entry Level to Intermediate-Advanced Practitioner Level. So whether you are a seasoned, highly experienced clinician or just starting to develop your practice with trauma, we have a workshop to build cumulatively on what you already know, supporting your steps to trauma expertise. 1. Introduction. More than 1.7 million of the 2.6 million soldiers deployed to Iraq and Afghanistan have transitioned back to civilian life with another one million expected to do so over the next five years (Zoli, Maury, & Fay, 2015). It will likely be many years before revelation of the full psychological impact of these recent military campaigns is made known (Steenkamp & Litz, 2013). After a traumatic experience, it's normal to feel frightened, sad, anxious, and disconnected. But if the upset doesn't fade and you feel stuck with a constant sense of danger and painful memories, you may be suffering from post-traumatic stress disorder (PTSD). In a conversation about PTSD, my colleague, Pat Ogden, PhD told me that many of her clients struggling with PTSD also had insecure attachments. Often, these clients were veterans whose insecure attachments predisposed them to develop PTSD after combat. This conversation got me wondering whether there were other predictors of PTSD aside from insecure attachment.