

PTSD AS A DISORDER OF THE FUTURE

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THE HISTORY OF PTSD

19th Century

DSM-III - 1980

DSM-IV - 1994

DSM-5 - 2013



HOW ACUTE STRESS DISORDER WAS CREATED

DSM-IV

**Brief Reactive
Dissociative Disorder**

Acute Stress Disorder



The Locus of Control Shift

- Feeling helpless is intolerable. Shifting to an internal LOC compensates for feelings of powerlessness and loss of control
- Can lead to entrenched self-blame but also serves a protective function



“It happened because I’m bad”

The Problem Is Not the Problem

- There is a story behind the symptoms and behaviors – they have a function and a purpose
- The presenting problems is a solution to a problem in the background



“I can fix that”

PTSD: A Disorder of the Future

- The function of flashbacks and hyper-arousal
- ‘Omens’ or red flags
- Predicting and avoiding future trauma

