

**MAKING SENSE OF TRAUMA (OVERCOMING COMMON PROBLEMS)**

**Ashleigh Hykes**

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## **Posttraumatic Stress Disorder (PTSD) (for Parents) - KidsHealth**

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### **The impact of traumatic events on mental health | Mental Health Foundation**

Common reactions include a range of mental, emotional, physical and Examples of common reactions to trauma are: to substances such as alcohol, cigarettes and coffee; sleeping problems. Back to top. Making sense of the traumatic event . You can help your child overcome anxiety by taking their fears seriously and.

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Each age group is vulnerable in unique ways to the stresses of a disaster, with children and the elderly at greatest risk. I feel it's almost impossible to guide oneself through a "Trauma Maze. ContinueReading.Complementaryandalternativecare. You are a human being, and therefore you are unable to see your own blind spots. PTSD United.

Trauma-informedprinciplesoverlapwithanumberofothergoodpracticeapp in clinical evaluation settings, it is very common for patients to omit traumatic experiences, and clinicians are often poorly trained about how to evaluate for them and their consequences.