

## Wrap-up

A brief class overview in layman's terms 😊

### PTSD is:

- **a normal reaction to an abnormal event**
- a total person experience
- a **latent and prolonged reaction** to a critical incident and/or to cumulative stresses
- **\*\*\*experiencing specific symptoms at least 30 days after a catastrophic incident**
- **a bone deep (perhaps soul deep) reaction** affecting mental health, physical health, work, spirit, family & friends
- when life for some reason **feels just as out of control** as the incident that precipitated the symptoms
- succumbing to **perceived helplessness** and no longer being able to function at the level he/she once could
- **experiencing a set of symptoms** brought on by a traumatic event
- **a severely altered ability to function** in a way one would consider "normal"
- when a person is **unable to function at the level they are used to**, or are expected to by their family, their co-workers, or their friends
- something that **affects mental health, physical health, work, spirit, family & friends**

## Who is at risk for PTSD?

- Emergency workers, military personnel, victims of abuse and other emotional trauma
- Someone who has faced a single horrifying incident (usually one that made them feel completely helpless in the face of death)
- Someone who has faced continuous exposure to psychological trauma

## Research

When researching, **you will find conflicting information**. As in every subject, there are those who share opinions as though they are facts.

Keep the DSM-V criteria in the back of your mind, and remember that this is a dynamic subject. Ever changing, ever evolving.

AND, remember, the human psyche doesn't necessarily "get" the rules.

Personally, I've found that while I'm writing fiction, it is a good tactic to remain vague when uncertain of a fact. Readers will be less likely to be offended or in a big hurry to point out a mistake. 😊

There are a couple of pages of links at the end of this post. I hope you find them helpful, and I hope you'll continue to research as new information is constantly emerging.

The goal of the workshop was to answer this **question**:

How can I use PTSD effectively in my story without getting my book tossed at a wall because I have either offended someone suffering from PTSD, or because I sound like I don't know what I'm talking about?

**Answer:** By using what you've learned here, and applying these simple rules:

1. **Always show compassion**
2. **Don't use PTSD as a gimmick, a buzzword or an excuse for conflict**
3. **Do use PTSD as a foundation for a compassionate storyline**
4. **Demonstrate depth of character as opposed to hanging a label**
5. **Explore the conflict between how a character is, and how he wants to be**
6. **Know your character's personal psychological trauma history**

**Highly recommended fiction where PTSD is handled superbly.**



**Cold Cold Heart, by Tami Hoag** is so brilliantly done it made me want to weep! And better still, after "the end" of the story, Tami shares much about PTSD and TBI, as well as many great resources.



**JD Robb's character Eve Dallas** is one of my all-time favorite characters.



I sincerely hope you now feel better equipped to write about people affected by PTSD.

If you have questions, *anytime*, please feel free to shoot me an email and I'll do my best to find you an answer.

Cheers!

Kat

<http://kathrynjane.com/>    [authorkatt@gmail.com](mailto:authorkatt@gmail.com)

[www.facebook.com/kathryn.jane.921](https://www.facebook.com/kathryn.jane.921)

[Links for further research](#)

<http://en.wikipedia.org/wiki/DSM-5>

[http://www.ptsd.va.gov/professional/PTSD-overview/dsm5\\_criteria\\_ptsd.asp](http://www.ptsd.va.gov/professional/PTSD-overview/dsm5_criteria_ptsd.asp)

<http://www.outsideonline.com/outdoor-adventure/outdoor-skills/survival/The-Man-Who-Saw-Too-Much.html> \*\*\*\*warning\*\*\*\*Graphic description

<http://en.wikipedia.org/wiki/EMDR>

<http://www.tbbf.org/>

<https://www.facebook.com/battlebuddy>

<http://courageouscompanions.ca/>

<http://woundedwarriors.ca/ptsd-service-dog-program/>

<http://www.canadianlegacy.org/>

<https://www.mentalhealth.org.uk/stories/sitaras-story-living-post-traumatic-stress-disorder>

[https://blog.feedspot.com/ptsd\\_blogs/](https://blog.feedspot.com/ptsd_blogs/)

<https://www.facebook.com/CanPraxis/>

<http://canpraxis.com/>

<http://growingveterans.org/overview/>

<http://www.boulderweekly.com/article-9104-warriors-in-the-wilderness.html>

[www.vetexpeditions.com](http://www.vetexpeditions.com)

[www.paradoxsports.org](http://www.paradoxsports.org)

[www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)

\*\*\*\*\* RECENT PRESS ON THIS GROUP CRITICIZES THEIR USE OF FUNDS. HERE'S PART ONE OF THE NEWS ARTICLE. WHEN PART 2 WILL BE AVAILABLE

<http://www.cbsnews.com/news/wounded-warrior-project-accused-of-wasting-donation-money/>

[www.teamriverrunner.org](http://www.teamriverrunner.org)

<http://www.recoveryranch.com/treatment-programs/trauma/>

<http://www.ctvnews.ca/health/vets-coping-with-ptsd-find-solace-in-back-to-nature-programs-1.1962482>

<http://www.saveawarrior.org/#what-is-saw>

<https://www.youtube.com/watch?v=gbXQUCIRnCY>

<http://www.ptsd.va.gov/apps/AboutFace/veterans/wanda-pegues/what-treatment-was-like-for-me.html>

<http://www.ptsd.va.gov/apps/AboutFace/Index.html>

[http://www.ptsd.va.gov/public/treatment/cope/dogs\\_and\\_ptsd.asp](http://www.ptsd.va.gov/public/treatment/cope/dogs_and_ptsd.asp)

<http://maketheconnection.net/conditions/ptsd2>

<http://www.pickingupthepeaces.org.au/ptsd-disorder/ptsd-symptoms/living-with-ptsd/>

[http://www.huffingtonpost.com/2011/10/12/beyond-the-battlefield-3-jimmy-kinsey\\_n\\_1000357.html](http://www.huffingtonpost.com/2011/10/12/beyond-the-battlefield-3-jimmy-kinsey_n_1000357.html)

<http://www.veterans.gc.ca/eng/search> then enter ptsd in search bar

<http://www.motherjones.com/politics/2013/01/ptsd-epidemic-military-vets-families?page=1>

<http://familyofavet.com/>

[http://www.helpguide.org/mental/emotional\\_psychological\\_trauma.htm](http://www.helpguide.org/mental/emotional_psychological_trauma.htm)

<http://www.tema.ca>

<http://www.va.gov/>

<http://www.ptsd.va.gov/>

writer <http://www.ptsd.va.gov/apps/AboutFace/featured-videos.html>

ptsd prevention counsellor <http://www.ptsd.va.gov/apps/AboutFace/Index.html>

prisoner, 1944 <http://www.ptsd.va.gov/apps/AboutFace/Index.html>

female veterans <http://www.ptsd.va.gov/apps/AboutFace/veterans/wanda-pegues/what-treatment-was-like-for-me.html>

horses [http://www.eagala.org/Information/What\\_Is\\_EAP\\_EAL](http://www.eagala.org/Information/What_Is_EAP_EAL)

<http://growingveterans.org/opportunities/>

<http://grievingbehindthebadgeblog.net/>

<https://ca.news.yahoo.com/blogs/dailybrew/ptsd-attributed-suicides-among-first-responders-continue-rise-180909655.html>

[http://www.conferenceboard.ca/topics/security-safety/commentaries/14-08-05/ptsd\\_and\\_first\\_responders.aspx](http://www.conferenceboard.ca/topics/security-safety/commentaries/14-08-05/ptsd_and_first_responders.aspx)

<https://www.facebook.com/WivesofPTSDVets/>

[http://www.amazon.com/Long-Walk-Home-Franklins-Afghanistan-ebook/dp/B00SVXS1H2/ref=mt\\_kindle?encoding=UTF8&me=](http://www.amazon.com/Long-Walk-Home-Franklins-Afghanistan-ebook/dp/B00SVXS1H2/ref=mt_kindle?encoding=UTF8&me=)

[http://www.amazon.com/Hijacked-Your-Brain-Yourself-Stress/dp/1402273282/ref=tmm\\_pap\\_title\\_0?ie=UTF8&qid=1353218026&sr=8-1](http://www.amazon.com/Hijacked-Your-Brain-Yourself-Stress/dp/1402273282/ref=tmm_pap_title_0?ie=UTF8&qid=1353218026&sr=8-1)

<http://www.ptsd.va.gov/professional/materials/manuals/psych-first-aid.asp>

[http://www.brainline.org/content/2011/01/posttraumatic-stress-disorder-a-history-and-a-critique\\_pageall.html](http://www.brainline.org/content/2011/01/posttraumatic-stress-disorder-a-history-and-a-critique_pageall.html)

<http://www.combatstress.org.uk/about-us/history-of-combat-stress/>

<http://www.11alive.com/story/life/2014/07/04/how-service-dog-helped-veteran-keep-his-family/12217635/>

[www.apa.org](http://www.apa.org)

<http://www.elementsbehavioralhealth.com/trauma-ptsd/animal-therapy-ptsd-treatment/>

[www.wcpr2001.org](http://www.wcpr2001.org).

<http://ptsdusa.org/what-is-ptsd/>

<http://saddlesforsoldiers.org>

<http://www.therefuge-ahealingplace.com/ptsd-treatment>

<http://www.nlm.nih.gov/medlineplus/magazine/issues/winter09/articles/winter09pg10-14.html>

<http://www.timberlineknolls.com/trauma>

<http://www.veteransandptsd.com/PTSD-statistics.html>

[http://www.ptsd.va.gov/professional/PTSD-overview/dsm5\\_criteria\\_ptsd.asp](http://www.ptsd.va.gov/professional/PTSD-overview/dsm5_criteria_ptsd.asp)

[www.T2health.org](http://www.T2health.org)

<https://www.facebook.com/HeroesAreHuman>

<https://www.facebook.com/ptsdusa>

<https://www.facebook.com/ptsd.home>

[www.guilford.com](http://www.guilford.com)

The following are excellent snippets and commentaries by people suffering from PTSD

<https://www.youtube.com/watch?v=FGNJBDMRJUw> **excellent interview to get a feel for the “Person” inside the label, but \*\*\*\*warning\*\*\*\* at the beginning, there are some graphic war photos.... If that kind of thing bothers you, it’s still an excellent “listen” so you could just put something else up on your screen while you listen to this woman’s words.**

<https://www.youtube.com/watch?v=BmKjBDejEDc>

<https://www.youtube.com/watch?v=3VyaD7kjEWw>

<https://www.youtube.com/watch?v=dy9ZnDcSKKs>

[https://www.youtube.com/watch?v=0mAJDaL\\_KbM](https://www.youtube.com/watch?v=0mAJDaL_KbM)

<https://www.youtube.com/watch?v=JJ322hxlbVI> This one is excellent, by a long-term sufferer.

CISM

[http://www.criticalincidentstress.com/what\\_is\\_cism](http://www.criticalincidentstress.com/what_is_cism)

<http://www.icsf.org/>

[http://en.wikipedia.org/wiki/Critical\\_incident\\_stress\\_management](http://en.wikipedia.org/wiki/Critical_incident_stress_management)

<http://www.trauma-pages.com/h/cisinfo.php>