

## POST-TRAUMATIC STRESS DISORDER (PTSD)



The purpose of this course is to enable healthcare professionals to define post-traumatic stress disorder, etiology, triggers, warning signs, understand its impact, and be prepared to intervene appropriately in assessment, diagnosis, treatment, and prevention of the disorder.

### Upon completion of this course, you will be able to:

- Define post-traumatic stress disorder, and three defining features of PTSD.
- Discuss the etiology, causes and prevalence of PTSD
- Identify risk factors associated with developing PTSD
- Recognize signs and symptoms of PTSD.
- Identify ways PTSD can be prevented.
- Identify protective and worsening factors for development of PTSD.
- Identify tests and diagnostic criteria for diagnosis of PTSD.
- Identify methods to help trauma victims understand and cope with their trauma
- Outline a session-by-session treatment protocol that accelerates the healing process
- Identify how to select the best treatment approach for each individual
- Recognize warning signs of an acute episode of PTSD.
- Improve and/or restore the patient's functional performance and ability to participate in necessary daily activities .
- Identify how to select the best treatment approach for each individual
- Apply cognitive behavioral interventions to the treatment of PTSD
- Apply techniques to manage an acute episode.

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**Contact Hours :** 4 Hours (AOTA CEUs—0.4)

**Instructional Methods :** Online Independent Self-Study (Training + Post-Test)

**Audience:** This course is designed for OTs, OTAs, PTs, PTAs and other healthcare professionals

**Educational Level:** Intermediate

**AOTA Classification Codes:** Category 2—Occupational Therapy Process

**Cost:** \$30 / Participant

**Prerequisites:** None

**Course Completion Certificate :** A minimum passing score of 70% is required for course completion. A Printable (Pdf) Certificate By Email.

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