

Dealing with Post-Traumatic Stress Disorder (PTSD)

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We now know that survivors of any major catastrophic event are likely experiencing symptoms of PTSD. Alaska Native service providers recognize that a high rate of their clientele are suffering. When a person has experienced or witnessed any form of intense trauma they may be suffering from PTSD.

Symptoms include:

- Flashbacks about traumatic events
- Feelings of detachment
- Nightmares and sleep disturbances
- Angry outbursts
- Depression
- Memory disturbances
- Family discord
- Feelings of guilt, shame or numbness
- Repeated and disturbing memories and dreams of past stressful experiences
- Physical reactions such as heart-pounding, trouble breathing or sweating when something triggers a stressful experience from the past
- Avoidance of activities or situations because you are reminded of a traumatic experience
- Trouble remembering
- Loss of interest in things that once were enjoyed
- Feeling distant or cut off from other people
- Feeling as if somehow the future will be cut short
- Being "super alert" or "watchfull and on guard"
- Difficulty concentrating
- Feelling jumpy or easily startled
- Uncontrollable crying
- Intense fear of either men or women
- Desire to physically hurt self
- Unnecessary or over-frequent washing
- Confusion about sexual feelings
- Desire to physically hurt others
- Feeling that you are not always in your body

PTSD is treatable and the majority of clients experience a full sense of recovery using methods practiced at the White Raven Center. The healing process requires that participants access stored emotions and memories, and through a guided process re-frame the traumatic experiences in a way that brings clarity and peaceful resolution.