

## Trauma - When nothing is like it was before.



9/5/18

Korittko: Traumatic Stress

1



## Traumatic Stress?



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2





## Traumatic Stress

- Suddenly, no preparation possible
- Life threatening or emotional threatening event for one self or significant others
- Once or often (sequential)
- No one there who helps
- No fight possible
- No flight possible
- Freeze or dissociation as reaction

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## „T“ and „t“

- „T“ = life threatenig events
- War
- Nature Catastrophies
- Fire
- Heavy accidents
- Suicide and suicide attempts
- Major crimes
  - Sexual assaults
  - Kidnapping
  - Taking hostages
  - Murder

- „t“ = emotional shocks, that cause psychological and chronic distress, a serious shattering of the mind and of feelings

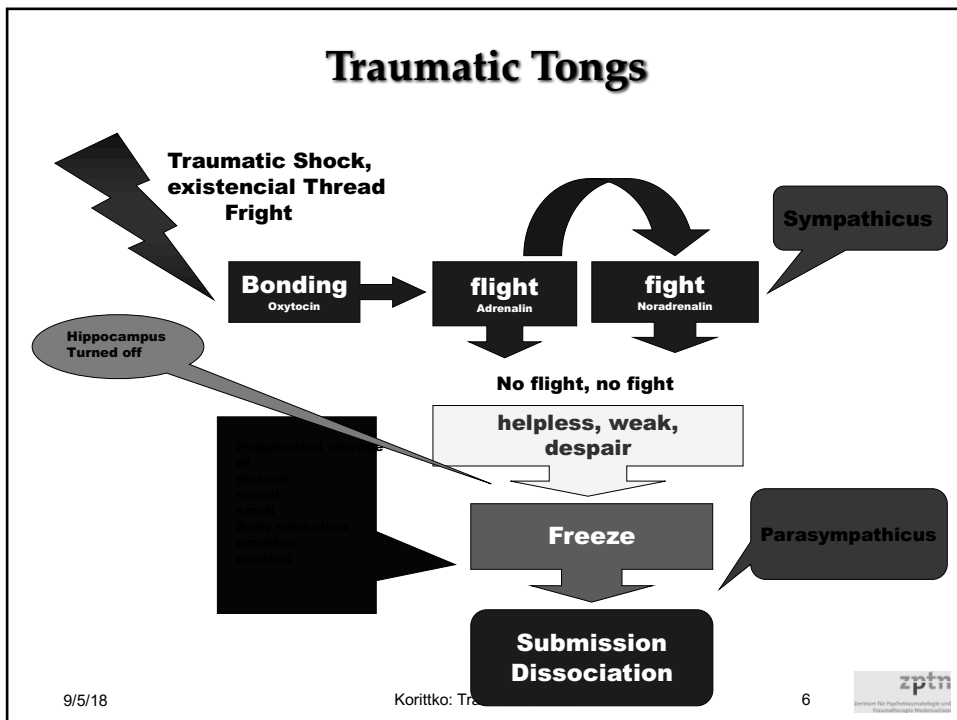
Result of both is

Intensive fear  
Extreme helplessness  
Total lack of controll

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5



## Emergency Switch of The Brain

nach Krüger, 2013

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7

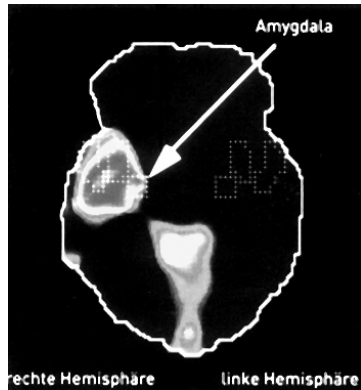
nach Hüther mod. Korittko

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8

## Die Posttraumatic Stress Disorder



- **Intrusions (Re-experience)**
  - Flash-backs and Nightmares
  - Panik-Attacs
  - Obsessional brooding
- **Constrictions (Avoidance)**
  - Avoiding of „Triggers“
  - Social isolation
  - Numbing
  - Alcohol- and Medication-Abuse
- **Hyperarousal of the body**
  - High vigilance
  - sleep disturbances
  - Difficulties with heart or breathing
  - Somatoform disturbances
  - Concentration difficulties
  - Taubheits- und Starre-Empfinden

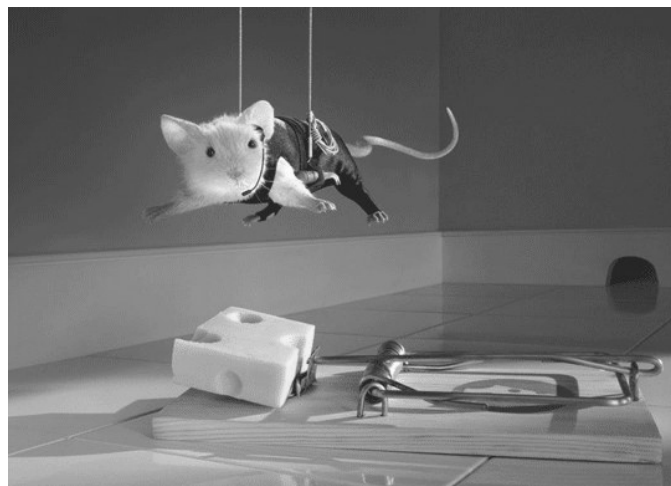
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9



## Safety first !!



## What helps traumatized people?

- Positive experiences together with other people, doing something together.
- Experience of being able to do something for one self, to take care of own person
- Experience of own healthy body, feeling alive.

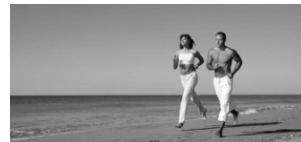
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11



## What helps?



- To experience support from others
- To distract from stress (e.g. sports, hobbies, reading)
- Enough sleep and healthy food
- Normal daily routine
- Nice activities during the day
- Relaxation (breathing techniques, meditation, music, calm down through talking to oneself)
- Mild body exercises
- Writing a diary about what has helped
- Being together with people

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12



## What doesn't help!!!

- Alcohol, medication or drugs
- To avoid talking about the event extremely
- Rage or violent behavior
- To eat not enough or too much
- To watch TV or playing computer games only
- To think permanently about revenge
- To work too much
- To disconnect from other people
- Not to take care about oneself
- To do risky things
- To draw back from nice activities

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13



We think, we make experiences,  
but experiences  
make us who we are.

Eugene Ionesco

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14



## Further References:

Available on: <https://www.alexanderkorittko.de/downloads>

Korittko, A. (2021) *Das Elternbuch: Posttraumatische Belastung bei Kindern und Jugendlichen. Erkennen, verstehen, lösen.* Carl Auer (Heidelberg).

Korittko, A. (2021) *The Parent Book: Posttraumatic Stress in Children and Adolescents. Recognise, understand, solve.* Carl Auer (Heidelberg).

(Available in Russian and Ukrainian, open access)