

## Commentary

# Trauma: Symptoms and Treatment

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## Introduction

The Trauma is condition where the person suffers from depression and disturbance because of any incident, accident or any experience in their life. Almost every one experiences trauma in their life at least once. Some people are able to cope up with emotional stress and come up with the incident, some people take much time and get greatly affected by the emotion and become depressed. There might be immediate response after the incident or after a course of time. There is no particular reason by which trauma is caused; it changes from a person to person based on the emotional status of the individual.

There are many reasons for trauma, like being the victim of rape, undergoing or witnessing any domestic violence, suffering an accident or witness it, getting hit by the natural disasters, witnessing violent events, being stressful or tortured continuously, losing a loved one. These cause many changes in the mental status of a person. The symptoms might be like being angry for no reason, showing no interest on anything, not being able to concentrate on any aspect, being disturbed, getting emotional without any reason, anti-social behavior, insomnia, fatigue, showing no interest over new things, loss of appetite, increased blood pressure. In certain cases individual loses interest over life.

People suffering from trauma cope up after a period of time, but some people cannot deal with the situation so easily. Family and friends can help person to deal with trauma upto an extent but some people really need a psychiatric help to come over it. There are different kinds of therapies to help people to fight against trauma. Some of the commonly followed techniques are mentioned below. Cognitive Processing Therapy, here the patient explains the about the situation they have gone through later he describes the situation on a paper. Then the psychologist helps the person to come over the feeling, by understanding the situation better.

Prolonged Exposure Therapy is other method. After the traumatic experience few people usually avoid the things or memory related to the event, the therapist helps you to deal with these symptoms. First of all breathing is practices to decrease the anxiety. Then the list of events you usually avoid are written, then you must try to face them gradually. People discuss the event with the psychologist and then this recording is heard later when the person is comfortable, practicing this daily helps to reduce the symptoms and gradually you cope up totally with the event.

Eye Movement Desensitization is the therapy where one shares the traumatic event while concentrating on movement or action done by the therapist, this helps to improve the positive concentration while confronting the traumatic experience. In the Stress Inoculation Training there won't be any discussion about the situation, rather the technique which would help to reduce the stress are practiced like breathing etc., In some cases medication is also recommended to help the patient to come over the trauma which might include Fluoxetine, Paroxetine, antidepressants, anti-psychotics, Monoamine Oxidase inhibitors, beta blockers, benzodiazepines.

In many cases trauma is usually neglected but it is a very sensitive and complicated disorder which might totally affect the life of an individual.

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## Conflict of Interest

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