

# POSTTRAUMATIC STRESS DISORDER\*

## SUMMARY SCREENING CRITERIA\* FOR:

Name \_\_\_\_\_

- A.** The person has been exposed to a traumatic event in which both of the following were present:
- (1) the person experienced, witnessed, or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others.
  - (2) the person's response involved intense fear, helplessness, or horror.
- B.** The traumatic event is persistently re-experienced in one (or more) of the following ways:
- (1) recurrent and intrusive distressing recollections of the event, including images, thoughts, or perceptions.
  - (2) recurrent distressing dreams of the event.
  - (3) acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and dissociative flashback episodes, including those that occur on awakening or when intoxicated).
  - (4) intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event
  - (5) physiological reactivity on exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event.
- C.** Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma), as indicated by three (or more) of the following:
- (1) efforts to avoid thoughts, feelings, or conversations associated with the trauma.
  - (2) efforts to avoid activities, places, or people that arouse recollections of the trauma
  - (3) inability to recall an important aspect of the trauma
  - (4) markedly diminished interest or participation in significant activities
  - (5) feeling of detachment or estrangement from others
  - (6) restricted range of affect (e.g., unable to have loving feelings)
  - (7) sense of a foreshortened future (e.g., does not expect to have a career, marriage, children, or a normal life span).
- D.** Persistent symptoms of increased arousal (not present before the trauma), as indicated by two (or more) of the following:
- (1) difficulty falling or staying asleep
  - (2) irritability or outbursts of anger
  - (3) difficulty concentrating
  - (4) hypervigilance
  - (5) exaggerated startle response
- E.** Duration of the disturbance (symptoms in Criteria **B**, **C**, and **D**) is more than 1 month.

## CAREGIVING INTERVENTION:

Date \_\_\_\_\_

## Referral for further assessment and therapy to:

**Roy B. Nash, M Div, LMFT. LCPC**

**BELIEF-FOCUSED CARE & HEALING**

5004 Eagle Ridge

Springfield, IL 62711-7830

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\* Source: **Diagnostic Statistical Manual of Mental Disorders**, Fourth Edition (DSM-IV™). American Psychiatric Association. 1994.