**Ashley P Post to week 5 Discussion 1**

I chose the case of Ivan S. I made a list of all the issues and information I felt relevant to diagnose Ivan…

Ivan S.

Between the ages of 24-26, he was deployed to Iraq for war

Anger management issues

Struggles with wife and children

Ivan was deployed back to Iraq

Behavior became aggressive

Beat his wife, beat his children

Night sweats

Recurring nightmares

Began to drink

Began to have problems with the law

Began to go see a counselor but this did not help

After reviewing Ivan’s symptoms, my diagnose is that he has PTSD. Below is the DSM-5 criteria for this disorder. The traumatic events that caused PTSD for Ivan are his two trips to Iraq. Notice he becomes physically violent after his second trip. His night sweats, recurring nightmares, and aggression (pronounced physical reactions) are all a result of Ivan’s PTSD.

Posttraumatic Stress Disorder

1. Person is exposed to a traumatic event—death or threatened death, severe injury, or sexual violation.
2. Person experiences at least 1 of the following intrusive symptoms: • Repeated, uncontrolled, and distressing memories • Repeated and upsetting trauma-linked dreams • Dissociative experiences such as flashbacks • Significant upset when exposed to trauma-linked cues • Pronounced physical reactions when reminded of the event(s).
3. Person continually avoids trauma-linked stimuli.
4. Person experiences negative changes in trauma-linked cognitions and moods, such as being unable to remember key features of the event(s) or experiencing repeated negative emotions.

5.Person displays conspicuous changes in arousal and reactivity, such as excessive alertness, extreme startle responses, or sleep disturbances.

6.Person experiences significant distress or impairment, with symptoms lasting more than a month.

(Gorenstein & Comer, 2015)

Describe one evidence-based treatment for this diagnosis and provide a rationale for your choice. Research at least two peer-reviewed articles to support your evidence-based treatment selection.

Some evidence-based treatments for PTSD include prolonged exposure therapy and cognitive processing therapy. Prolonged exposure therapy has the most empirical support of all the various treatments for PTSD. This is the type of treatment utilized in our text books to treat Elaine’s PTSD from the train incident. This type of therapy forces the individual to revisit the trauma in a controlled, safe environment. In return, this trains the individual to no longer see the trauma as a threat. An example of an individual that might seek prolonged exposure therapy would be someone that has a fear of flying. Another example is someone that has lost his home to a flood. Prolonged exposure therapy would result in exposing this person to rain for long periods of time (Booysen & Kagee, 2020).

Cognitive processing therapy teaches the individual to change and modify beliefs that are linked to the traumatic event and thus, reduce symptoms of PTSD. This type of therapy usually requires 12 sessions and helps the individual develop a new understanding of the trauma in order to reduce its negative aspects on daily life. This type of therapy can be administered in a group or individual setting (Goetter et. al, 2020). I would recommend this specific treatment for Ivan in order to reduce his symptoms of PTSD, especially his aggression. The goal of this type of therapy is to be able to recognize negative thoughts and behaviors that contribute to anxiety, stress, aggression, or another issue related to PTSD. Then the patient will be trained to replace these negative thoughts and memories with positive thoughts that will thus produce a positive action. Once the patient is able to conceptualize the problem, he will be able to reduce its negative effects. The individual will receive education on what PTSD is and the ways in which it can impact his life. Then he will be asked to write and explain his trauma, worse experiences and darkest moments. At a later time, these notes will be reviewed by him. This will help him to defeat his trauma and the negative emotions and thoughts that result from it. If the thoughts are recognized and replaced, the triggers and stresses of life will not result in negative actions. An example of this would be Ivan not reacting with aggression when life’s stressors come into play. Cognitive processing therapy is mostly used to treat PTSD that results from childhood trauma or military trauma (Boeldt et. al, 2019). This is another reason why I recommend this form of therapy specifically for Ivan.

References

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