1. What is Posttraumatic Stress Disorder (PTSD)?
2. **What Causes PTSD?**
3. Explain in reference to the “fight or flight” reaction.
4. List FIVE events that can cause PTSD:
5. **Symptoms of PTSD**
6. When do symptoms of PTSD most commonly appear?
7. List the FOUR common symptoms for PTSD:
8. **Who Gets PTSD?**
9. Which age groups can develop PTSD?
10. What is meant by the term **“resilience”** which prevents most people from developing PTSD?
11. **How is PTSD Treated**
12. What happens to someone with PTSD who doesn’t seek treatment?
13. List three strategies often recommended by Mental Health professionals.
14. **Healing from PTSD**
15. Why might someone with PTSD avoid seeking treatment?
16. What is the best strategy to finding the right help?
17. Explain how some people who have been healed from PTSD have improved their lives.