#012 PTSD: Not Just in the Military
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Outline:
1. Causes of PTSD
   a. War
   b. Trauma
   c. Disaster
2. Symptoms
   a. Fear and Anxiety
   b. Nightmares
   c. Numbing
   d. Hypervigilance
3. Psychotherapy & Counseling
   a. Cognitive Therapy
   b. Exposure Therapy
   c. EMDR
4. Medications
   a. Antipsychotics
   b. Antidepressants
   c. Anti-anxiety meds
5. Onset in the elderly
   a. Neurological illness
   b. Bereavement
   c. LOSS – Late Onset Stress Symptomatology
6. Barriers to treatment
   a. Non recognition of disease
   b. Denial
   c. Medication Tolerance