Title page

Psychotherapy

1. Traumatic experience

Traumatic events like assault, workplace violence, and disaster can impact the lives of victims in various ways. The effects of sexual assault are long-lasting and uncontrollable. The common physical impacts include bruises, injury, sexually transmitted infections and pregnancy. The psychological impacts include depression, fear, sadness, loss of energy, lack of interest and hopelessness. (Ponnamperuma & Nicolson, 2018). Workplace violence also leads to physical and psychological consequences. The common psychological effects are sadness, feelings of intimidation or fear, depression and lack on interest. Victims of workplace violence are often lost and exhibits low energy levels. The impacts of disaster are also long-lasting that undermines the emotional stability of individuals. People who have witnessed disasters are more likely to develop post-traumatic stress disorder. They are unable to adjust to the environment and surroundings. People are unable to forget the event and have flashbacks that causes mental frustration and depression. They face difficulty in communicating or interacting with others. This leads to the situation of social isolation. Loss of property, infrastructure and financial support are common outcome of disasters.

1. Psychotherapy

The victims of PSTD undergoes physical and mental difficulties. It is difficult for them to control emotions and behaviors. A preexisting psychopathology can help in understanding the causes and implications of PSTD. It can be used for identifying the issues and studying the behavioral or emotional changes. A child who had experienced abuse will be treated in effective manner due to the preexisting psychopathology. This will allow the therapists to adopt appropriate methods for addressing PSTD in the child. Psychopathology will assist them un understanding the possible psychological issues such as fear, insecurity, lack of interest, emotional disturbance, sleeplessness and anxiety (Bomyea, Risbrough, & Lang, 2012). It also improves the possibilities of recovery.

References

Bomyea, J., Risbrough, V., & Lang, A. J. (2012). A consideration of select pre-trauma factors as key vulnerabilities in PTSD. *Clin Psychol Rev* *, 32* (7), 630–641.

Ponnamperuma, T., & Nicolson, N. A. (2018). The Relative Impact of Traumatic Experiences and Daily Stressors on Mental Health Outcomes in Sri Lankan Adolescents . *Journal of Trauma Stress, 31* (4), 487–498.