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Development of Psychiatric Diagnosis

Individuals pass through significant events in their lives, which can make them become traumatized. Nevertheless, this traumatization can substantially affect an individual's health and wellness, hence the need for proper care. Emotional and psychological Trauma occurs because of the astonishing stressful activities that break an individual's sense of security and making them feel hopeless in life. Therefore, these traumatic events can leave a person with distressing feelings, reminiscences, and anxiety. Several symptoms can manifest to individuals due to Trauma.

Moreover, proper diagnostic procedures need to be done to identify the signs of individuals to allow appropriate and effective care. I was not surprised by what Dr. Van der Kolk explained concerning the manifestation of trauma symptoms to individuals. However, I was surprised by the primary symptoms that occur because many individuals' psychiatrist ignores them and takes them as secondary symptoms. For instance, Dr. Kolk states that the primary symptoms of Trauma can manifest to individuals by making them upset, be triggered by hearing particular sounds, smells, and images that bring them back to the states of their past events (Big Think, 2015). Besides, another acute symptom that has surprised me is the hard time individuals face when engaging with other people, especially their families. Dr. Kold presents a situation of handling Vietnam soldiers and explains that most of them had a problem interacting with people because they could easily blow at people, become scared and froze, and have no feelings for their children. This made them feel ashamed and blame themselves.

Dr. Kolk's Trauma symptoms did not differ much from what was in the reading materials because they focused on the manifestation of Trauma to individuals by making them feel numb, disconnected, and unable to trust other people. On the other hand, as explained by Dr. Kolk, the

primary symptoms of Trauma are that individuals usually become upset and triggered by past events, especially noise, images, and smells, making them have a difficult time engaging with other people (Big Think, 2015). There is no significant difference in the explanation because they all explain how traumatic experiences can threaten life and safety. Furthermore, through understanding the symptoms, individuals can be saved into being respectable members of society and eliminate the feeling of disconnection with other people. Unfortunately, many people in the United States suffer from traumatization. Based on Dr. Kolk, two-thirds of Americans suffer from it, which finally leads to a feeling of blame and shame because they consider the events happening to them because of their fault.

I feel the symptoms will not be difficult to recognize or diagnose because most signs can be seen among individuals. For instance, Dr. Kolk states that Trauma will make individuals get triggered and become very angry and upset. Therefore, through noticing such changes, one can quickly know if someone is traumatized. Also, post-traumatic stress disorder makes individuals feel defective and feel something is wrong with them. Therefore, they will always blame themselves for the situations.

I agree with Dr. Kolk, and I believe it is the best information that enhances our understanding of the critical aspects of Trauma and post-traumatic stress disorder and how it can affect the brain. This is essential in helping psychiatrists adopt vital interventions that will help the clients heal quickly. For instance, Dr. Kolk states that the brain can be altered in three ways by Trauma, first is to change the perception system, making individuals see danger where others do not see, causing fear to individuals (NICABM, 2015). The second part is the filtering system which aids in differentiating between relevant and irrelevant stimuli. Finally, the part of the brain

that indicates the effects of Trauma is in the midline structure, making a person have a sharp sense of individuals who have been traumatized.

References

Big Think. (2015). Learn the signs and symptoms of PTSD with Dr. Bessel van der Kolk.

https://www.youtube.com/watch?v=szvCMwl_d-E&t=2s

NICABM. (2015). Bessel Van der Kolk on three ways Trauma can change the brain.

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