

PTSD Storyboard

Student's Name

University

Course

Professor's Name

Date

In the midst of
hopelessness, there
is always **HOPE**



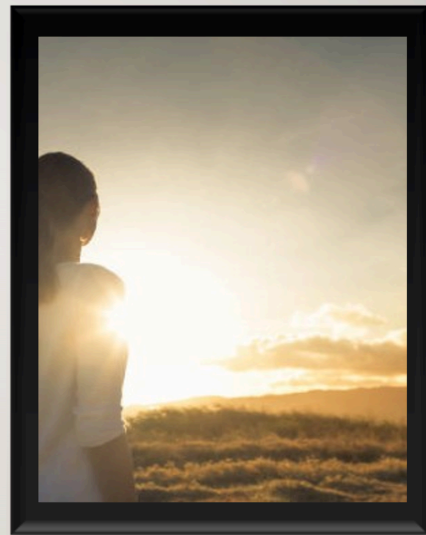
Jenna's Case Study

Student's Name:

Course:

**My clients is a female called
Jenna, a widow and a
mother of five children.**

35 years old white Jenna have suffered **PTSD** for three years after her husband, a former marine committed suicide when she was one month pregnant with their last born twins.



Jenna's residential area in Alcorcon



Jenna stays with her children in an Urban area called Alcorcon and also works within the town.

Jenna's Employment

Jenna is an Elementary teacher at Colegio Amoros Elementary school in Alcoron and additionally works as a chef in a diner to be able to provide for her children



Jenna have reached out to Hope Family Counselling facility where she has been receiving treatment and is showing signs of improvement. Jenna explains that her PTSD was triggered by her husband's suicide.



DSM-5 Diagnostic Criteria

- The client shared that her signs started after her husband committed suicide this aligns with the DSM-5 criteria because the first diagnostic criteria for post-traumatic stress disorder listed in DSM5 is exposure to one or more traumatic events, which are defined as those involving actual or threatened death, actual or threatened serious injury, or actual or threatened sexual violence.
- Additionally Jenna is exposed to her husband's death and has to deal with that event and consoling her children which aligns with DSM -5 criteria of Awareness of actual or threatened violence, as well as the accidental death of close friends or family members
- (Speaks, 2014)

Interventions

- Jenna would benefit from CBT because she is still trying to find reasons why her husband never opened up to her therefore CBT will help Jenna engage in healthy thinking patterns by becoming aware of the negative and frequently unrealistic thoughts that can cause her to feel down and depressed (Simon et al., 2019)



Interventions

- Additionally Jenna will require a Prolonged Exposure Therapy because she feels like she should have done something and she narrates partly feeling guilt of the situation Therefore PET will help her by exposing her treatments that will enable her understand that it is not her fault.
- Jenna can also benefit from Trauma-Focused Cognitive Behavioral Therapy since she mentions having to deal with the children relating to their father's death therefore TF CBT will enable Jenna and her children find treatment.
- (Murray, 2013)

How patients could minimize long term effects of exposure to trauma

- Jenna should be patient with the healing process as I believe she will never completely heal because her husband is part of her life due to having children together therefore she should try to heal at her own pace and acknowledge that she will still have distressing moments when she thinks of her husband.
- She should also be in contact with supportive family members
- Jenna could also enter a group of people with same experiences it will make her appreciate herself and her life thereby strengthening her.

References

- Murray, L. K., Cohen, J. A., & Mannarino, A. P. (2013). Trauma-focused cognitive behavioral therapy for youth who experience continuous traumatic exposure *Peace and conflict: journal of peace psychology* 19(2), 180.
- Speaks, A. (2014). *DSM-5 diagnostic criteria*. New York: NY. Author retrieved
- Simon, n., McGillivray, L., Roberts, N. P., Barawi, K., Lewis, C. E., & Bisson, J. I. (2019). Acceptability of internet-based cognitive behavioural therapy (i-cbt) for post-traumatic stress disorder (PTSD): a systematic review *European journal of psychotraumatology* 10(1), 1646092.

