TRAUMATISCHE STRESSTOORNISEN

ASS: ongepaste reactie = in de eerste maand

PTSS: ongepaste reactie = langdurig

Er moet een trauma geweest zijn.

- Voortdurende herbeleving
- Vermijden van prikkels die bij het trauma horen
- Verhoogde prikkelbaarheid
- Emotionele verdoving (bij ASS: dissociatie)
- Belemmeringen in het functioneren

Ongepaste Gevoelens Wat Er Kan Misgaan In De Psychotherapie

M Tight

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