



CORK COUNSELLING CLINIC  
PSYCHOTHERAPY · MEDIATION · COACHING



# OVERCOMING POST TRAUMATIC STRESS DISORDER



## Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) is a complex and often debilitating condition that can occur after an individual has experienced or witnessed a traumatic event. At Cork Counselling Clinic, we understand the profound impact PTSD can have on a person's life, and we are dedicated to providing support and professional therapy to help individuals navigate their way through recovery.

## Understanding PTSD

PTSD develops in response to exposure to a traumatic event such as vehicle or serious accidents, or personal traumatic events. For example, assaults like rape or robbery. While it is normal to feel afraid during and after a traumatic situation, this fear triggers many split-second changes in the body to defend against danger or to avoid it. This "fight-or-flight" response is a typical reaction meant to protect a person from harm. However, in PTSD, this reaction is changed, damaged or overwhelmed. People who develop PTSD may feel stressed or frightened even when they are not in danger.

## Signs and Symptoms of PTSD

The symptoms of PTSD can be grouped into four main categories:

- 1. Intrusive Memories:** This may include recurrent, unwanted distressing memories of the traumatic event, flashbacks (reliving the trauma as if it were happening again), nightmares, and severe emotional distress or physical reactions to reminders of the event.
- 2. Avoidance:** Individuals may avoid talking about the event, thinking about it, or avoid places, activities, and people that remind them of the traumatic experience.
- 3. Negative Changes in Thinking and Mood:** This includes negative feelings about oneself or others, inability to experience positive emotions, feeling emotionally numb, lack of interest in activities once enjoyed, difficulty maintaining close relationships, and feeling detached from family and friends.
- 4. Changes in Physical and Emotional Reactions:** Known as arousal symptoms, these can include being easily startled, feeling tense or "on edge," difficulty sleeping, anger outbursts, aggressive behaviours, and self-destructive behaviour like drinking too much or driving too fast.



## The Counselling Process for PTSD at Cork Counselling Clinic

Counselling for PTSD involves several steps and approaches, all tailored to the individual's specific symptoms and experiences. Our therapists are trained in a variety of modalities that they combine to help clients work through their trauma.

- **Establishing Safety:** The first goal of therapy is to help individuals feel safe in their environment and in their bodies. Our therapists work to develop a trusting relationship where individuals feel secure enough to discuss their experiences.
- **Trauma-focused Therapy:** This includes approaches such as cognitive-behavioral therapy (CBT) which helps people make sense of their trauma and manage their reactions. Techniques such as Cognitive Processing or Eye Movement Desensitization and Reprocessing (EMDR) may also be used.
- **Managing Symptoms:** Counsellors teach coping skills to help manage anxiety, anger, or sadness related to PTSD. This might include mindfulness exercises, relaxation techniques, and guidance on restructuring daily routines to improve one's sense of control.
- **Addressing Secondary Struggles:** Often, PTSD is accompanied by other issues such as depression, anxiety, substance abuse, or relationship problems. Our therapists are equipped to treat these concurrent issues within the context of PTSD treatment.
- **Reintegration and Growth:** As therapy progresses, our therapists support clients in rebuilding their lives, which might include fostering relationships, returning to work, or finding new interests and activities that bring joy and meaning.

## The Role of Psychotherapists at Cork Counselling Clinic

Our psychotherapists bring a compassionate, understanding, and skilled approach to treatment. They are adept in handling the delicate nuances of PTSD, ensuring that each person's journey through therapy is both supportive and effective. With a deep commitment to ethical practice and client well-being, our therapists provide a supportive environment where individuals can explore their thoughts and emotions safely.



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Therapy is seen as a collaborative process at our Clinic. Clients are viewed as active participants in their recovery, with therapists serving as guides and facilitators of change. This collaborative approach empowers individuals, fostering a sense of autonomy and self-efficacy that is crucial for long-term recovery.

Though PTSD can have profound effects on a person, it is usually a treatable disorder that has disrupted an individual's life. At Cork Counselling Clinic, we offer a path towards recovery that respects the complexity of PTSD while embracing the possibility of a fulfilling future beyond trauma. If you or someone you know is struggling with PTSD, we invite you to reach out. Our skilled therapists are ready to support you through your journey to healing, helping you reclaim a life defined not by trauma, but by resilience and renewal.

**You can contact us by phone 089 600 9460 / 021 439 7552 or  
through our website [www.corkcounsellingclinic.ie](http://www.corkcounsellingclinic.ie)**

We will be happy to take your call and look forward to working  
with you in creating a harmonious and strong relationship.

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Our approaches are based on humanistic principles aimed at personal understanding and self-directed change,  
not professional diagnosis or treatment.