**Post –Traumatic Stress Disorder**

            Post-traumatic stress is a mental disorder that is triggered by experiencing or even witnessing a terrifying or horrible event. Individuals with this stress disorder find it extremely difficult to adjust so as to cope with the memories of the terrible event.  There are various signs and symptoms that can help establish if a person has a post-traumatic disorder.

The signs and symptoms are classified into four categories with the first being intrusive memories such as flashbacks and nightmares about the events that took place (Arnsten et al, 2015). The second is the avoidance whereby the person keeps on avoiding locations, people or the event that remind him/her. The third is the negative mood changes and the fourth is the reaction to changes in both physical and emotional category. However, when these signs are observed, there are legal and ethical concerns that are considered when dealing with the patient. One legal concern is that a post-traumatic mental disorder patient has the right to medical services.

Patients with this disorder can be treated through medication or therapies. Therapies will basically offer psychological treatment to post-traumatic disorder. One of the therapies is the trauma-focused cognitive behavior therapy on the basis that thinking affects an individual’s moods. The second is the psychotherapy that deals with the cognitive process. The other therapy is the eye movement desensitization and reprocessing whereby the patient attention is captured which enhances the processing of the traumatizing events (Dunn et al, 2017). The disorder can also be treated through medications like the use of anti-depressants, nursing interventions, and desensitization. When treating individuals with this disorder, the medical service provider should ensure that a good relationship with the patient is maintained. Through the good rapport maintained, the patient is able to openly reveal emotions and feelings.

Conclusively, it is important to provide proper medical care services to patients with this disorder so as to reduce the symptom which eventually leads to recovery. Although the recovery is gradual over time, treating a post-traumatic stress disorder patient guarantees the safety of the individual and that of others around. It is thus apparent that working to help post-traumatic stress disorder seems a very interesting venture.

**References**

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