**Brief overview of Acute Stress Disorder**

A) Requires **BOTH** of the following
1) Person experienced or witnessed an event(s) that involved actual or threatened death or serious injury to themselves or another person.
2) Person’s response involved intense fear, helplessness, or horror.

B) Either during the experience or after they have **3 or more** of the following symptoms:
1) Subjective sense of numbing, detachment, or absence of emotional responsiveness
2) Reduction in awareness of his or her surroundings (e.g., “being in a daze”)
3) Derealization
4) Depersonalization
5) Dissociative amnesia (i.e., inability to recall an important aspect of the trauma)

C) The person persistently re-experiences the traumatic event in **at least one** of these ways:
1) Recurrent images
2) Thoughts
3) Dreams
4) Illusions
5) Flashback episodes
6) Sense of reliving the experience
7) Distress on exposure to reminders of the traumatic event

D) Person has marked avoidance of stimuli that arouse recollections of the event (e.g., thoughts, feelings, conversations, activities, places, people)

E) Marked symptoms of anxiety or increased arousal such as:
- Difficulty sleeping
- Irritability
- Poor concentration
- Hypervigilance
- Exaggerated startle response
- Motor restlessness

F) **Symptoms last at least 2 days but not longer than 4 weeks.** If symptoms last longer than 4 weeks, then we’re probably looking at PTSD.

***Please remember although this is the criteria for a DSM-IV diagnosis of Acute Stress Disorder, we actually expect and want to normalize some of these symptoms as a part of the reintegration process. However, if the symptoms last beyond 4 weeks or are intrusive, then this may signify an abnormal reaction to the stress/trauma.
Brief overview of Post Traumatic Stress Disorder

A) Requires BOTH of the following
   1) Person experienced or witnessed an event(s) that involved actual or threatened death or serious injury to themselves or another person.
   2) Person’s response involved intense fear, helplessness, or horror.

B) The person persistently re-experiences the traumatic event in at least one of these ways:
   1) Recurrent and intrusive distressing recollections of the event (images, thoughts, or perceptions)
   2) Recurring distressing dreams of the event
   3) Acting or feeling as if the event were recurring (sense of reliving event, illusions, hallucinations, and dissociative flashbacks)
   4) Intense psychological distress at exposure to internal or external cues symbolizing or resembling an aspect of the event
   5) Physiological reactivity on exposure to internal or external cues that symbolize or resemble an aspect of the event

C) Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness that was not present before the trauma as indicated by three or more of the following:
   1) Efforts to avoid thoughts, feelings, or conversations associated with the trauma
   2) Efforts to avoid activities, places, or people that arouse recollections of the trauma
   3) Inability to recall an important aspect of the trauma
   4) Markedly diminished interest or participation in significant activities
   5) Feelings of detachment or estrangement from others
   6) Restricted range of affect (e.g., unable to have loving feelings)
   7) Sense of foreshortened future (e.g., does not expect to have career, marriage, children, or a normal life span)

D) Persistent symptoms of increased arousal not present before event as indicated by two or more of the following:
   1) Difficulty falling or staying asleep
   2) Irritability or outbursts of anger
   3) Difficulty concentrating
   4) Hypervigilance
   5) Exaggerated startle response

E) Duration of disturbance is more than 1 month