

Post-Traumatic Stress Disorder is a mental health diagnosis

MEGAN ALDERS

Psychology, Mental Health, Author

INTRODUCTION

Post-Traumatic Stress Disorder is a mental health diagnosis that the majority of the population tends to associate with primarily military veterans. The reality is, PTSD is not a diagnosis reserved for veterans alone. PTSD is a growing and serious problem that is commonly seen in female survivors of domestic violence. A recent survey performed by Coker and colleagues (2000) examined the rates of women who seek medical care in family owned and operated clinics. The results of their study revealed that 55.1% of female participants had experienced domestic violence from their partner and 20.2% of these females reported that they are currently in a violent relationship at the same time of the study (Coker et. Al, 2000). In addition to these findings, previous research has shown that 10-15 % of women are victims of domestic violence each year (Rhodes and Levinson, 2003). Considering this alarming information, the question begs, how can we help? In what ways can social workers address this issue? It is common knowledge that the practice of mindfulness and meditation can help relieve stress and anxiety. With this in mind, could mindfulness and meditation help to reduce symptoms of PTSD among single female survivors of domestic violence? This study aims to explore this idea and identify clearly how effective the practice of mindfulness and meditation is when used in a more individualized intervention response to female survivors of domestic violence diagnosed with PTSD.

AIM:

Challenges and opportunities to better support PTSD patients

CONCLUSIONS:

Mindfulness Based Stress Reduction significantly reduces PTSD symptoms among single female survivors of domestic violence

KEYWORDS:

Clinical psychology, Post Traumatic Stress Disorder, Mindfulness.

BIOGRAPHY:

Megan Alders is a writer, mental health advocate, and soon to be social worker. She believes in authenticity and exploration. Insightful, adventurous, and vulnerable, Megan acts as a counselor and indoor cycle instructor. In her free time, she becomes a bookworm, self-proclaimed storyteller, sister, and friend. Megan enjoys travel, international film, and good conversation. She believes in a life of balance, continuous discovery, risk-taking, and authentic connection.

