

Vice-Chancellor In International Affairs
Of Shahid Beheshti University Of Medical Sciences

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Title:

Stress management in the crisis situation

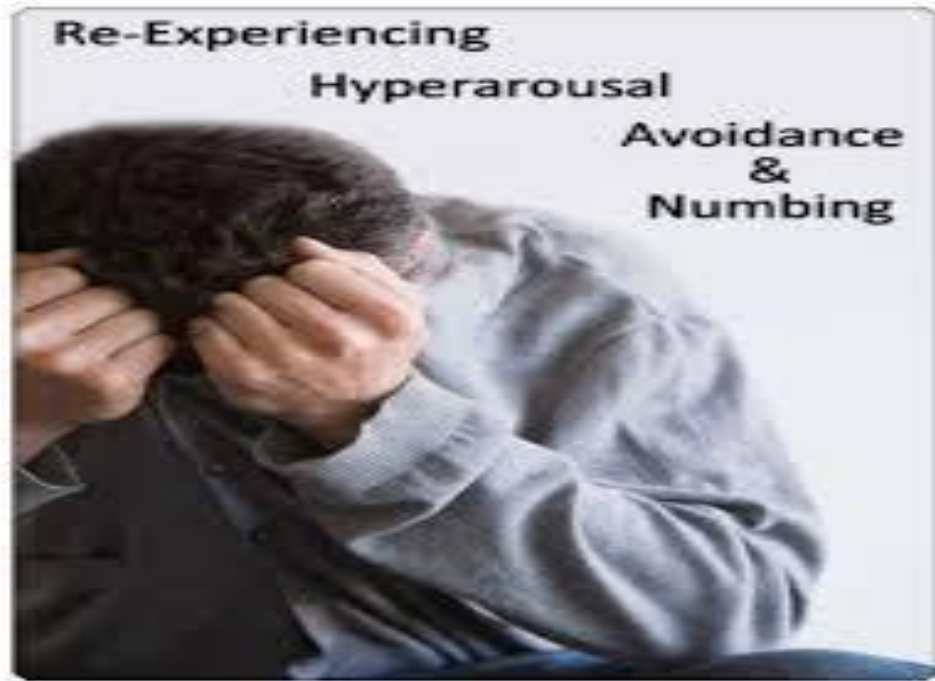
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What is a crisis situation?

- ▶ a stressful, often unexpected event that disrupts an individual's or group's normal functioning and requires immediate attention
- ▶ Three basic elements of a **crisis** are: A stressful situation, difficulty in coping, and the timing of intervention. Each crisis situation is unique and will require a flexible approach to the client and situation.
- ▶ some people who experience traumatic events, the emotional and mental impact may be temporary. But for others, symptoms can worsen over time and develop into PTSD.

What is post traumatic disorder?

- ▶ **Post-Traumatic Stress Disorder (PTSD) is a psychiatric condition that may occur in people who have experienced or witnessed a traumatic event.**
- ▶ **however, most individuals do not go on to develop PTSD. For diagnosis PTSD**



What are Symptoms of Post traumatic disorder?

- ▶ Re_experiencing
- ▶ Negative thoughts and mood
- ▶ Avoidance and Numbing
- ▶ Arousal and reactivity

Re_experiencing

Re-experiencing :

- **Flashbacks**
- **Nightmares**
- **Intrusive Memories**

What is acute stress disorder?

- ▶ Acute stress disorder (ASD) involves acute stress reactions.
- ▶ develop within 1 month of exposure to a traumatic event.

Epidemiology

- ▶ twenty to ninety percent of the general population is exposed to one or more extreme stressful events in their life.
- Although a large number is exposed, only 1.3 to 11.2 percent of acute stress disorder (ASD) developed long-term symptomatic disease (such as PTSD).
- ▶ **The prevalence of PTSD at nine weeks was 9.6 percent. [In the postpartum cross-sectional study, mothers having preterm babies had significantly higher ASD than term babies (14.9 % versus 0%, 95% CI: 2.16;617.61, OR: 36.5).**

Etiology

▶ Risk Factors:

- ▶ Although it is nearly impossible to determine with certainty who will experience PTSD after trauma and who won't, we can consider the following risk factors that might contribute to the likelihood of developing post-traumatic stress disorder.

▶ Genetic Factors

- ▶ the role of genetics in the development of PTSD.
- ▶ genetic influence on the development of mental health conditions such as schizophrenia, bipolar disorder, and major depressive disorder, and researchers are finding genetic influence in the development of PTSD as well.

▶ Societal Factors

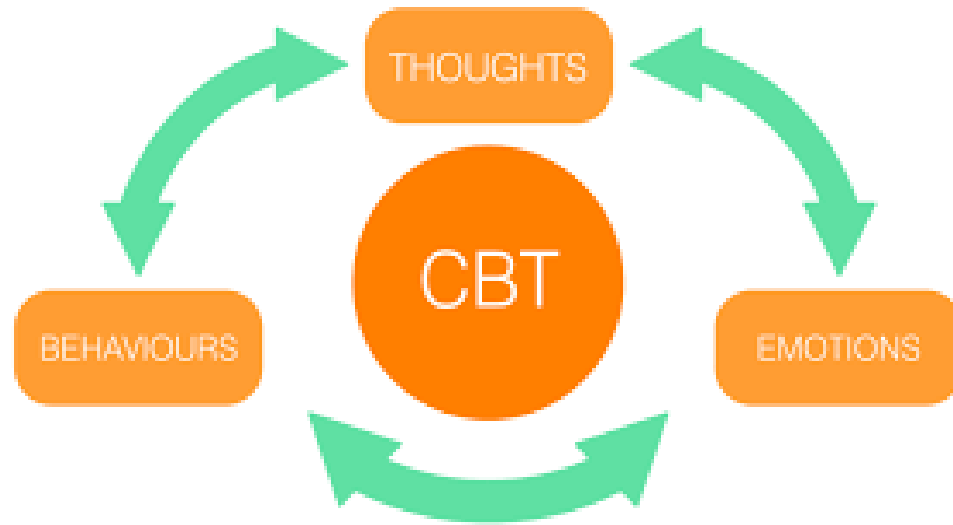
- ▶ Social support, or lack of, is a critical risk factor. Those who are limited in options for social support can be at greater risk for PTSD.
- ▶ the need for safe support resources is essential to help individuals process their experience in a healthy way and to regain hope through secure and safe emotional connections.

▶ Biological and Neurological Factors

- IQ and neuroticism. Those who tend to score lower on IQ tests have been shown to be more susceptible to developing PTSD. Additionally, people who have

PTSD Treatment

- ▶ CBT may encourage patients to
- ▶ re-evaluate their thinking patterns and assumptions in order to identify unhelpful patterns (often termed “distortions”) in thoughts.
- ▶ Exposure to the trauma narrative
- ▶ instruction in various methods to facilitate relaxation.



Cognitive behavior therapy

- ▶ CBT is a highly effective psychotherapy for Post-Traumatic Stress Disorder (PTSD), focusing on modifying negative thought patterns and behaviors associated with trauma.

Challenge with automatic thoughts:

- ▶ It is important to recognize that all automatic negative thoughts are:
- ▶ Always **negative**
- ▶ Makes you **feel bad** about yourself
- ▶ **Self-sabotaging** and tend to stop you from helping yourself
- ▶ **Uninvited** and judging you when you least expect it
- ▶ **Believable** because you are stuck in a negative thinking trap
- ▶ **Biased** because you are experiencing a distorted perception of reality

How to Stop Negative Thinking in 6 Steps

- ▶ When you experience an automatic negative thought:
- ▶ pause for a moment
- ▶ try and recognize what you are thinking isn't quite right
- ▶ isolate and focus on that irrational thought
- ▶ Identify the distress level your automatic thoughts make you feel. This will help rank the severity the negative thought is causing you.
- ▶ The distress level is ranked between 0 and 10. Zero meaning you are calm and peaceful with no distress at all. Ten means that the distress is at its extreme and is paralyzing.
- ▶ Rank the distress level based on how you feel; consider your emotions and any physical distress you may experience.
- ▶ recognize how it makes you feel

Identify the Distress Level

- Identify the distress level your automatic thoughts make you feel. This will help rank the severity the negative thought is causing you.
- The distress level is ranked between 0 and 10. Zero meaning you are calm and peaceful with no distress at all. Ten means that the distress is at its extreme and is paralyzing.
- Rank the distress level based on how you feel; consider your emotions and any physical distress you may experience.

4. Identify the Cognitive Distortion

- ▶ Cognitive distortions are common thinking patterns that influence irrational negative thoughts and feelings. These negative thinking traps cause a distorted perception of reality in an inaccurate way.
- ▶ There are 15 common cognitive distortions that most people will experience. These styles of distorted thinking influence our thoughts in different ways.
- ▶ Go through the list of cognitive distortions and identify the one that applies to your negative automatic thought. I recommend printing out a copy so you have it ready when you need it.

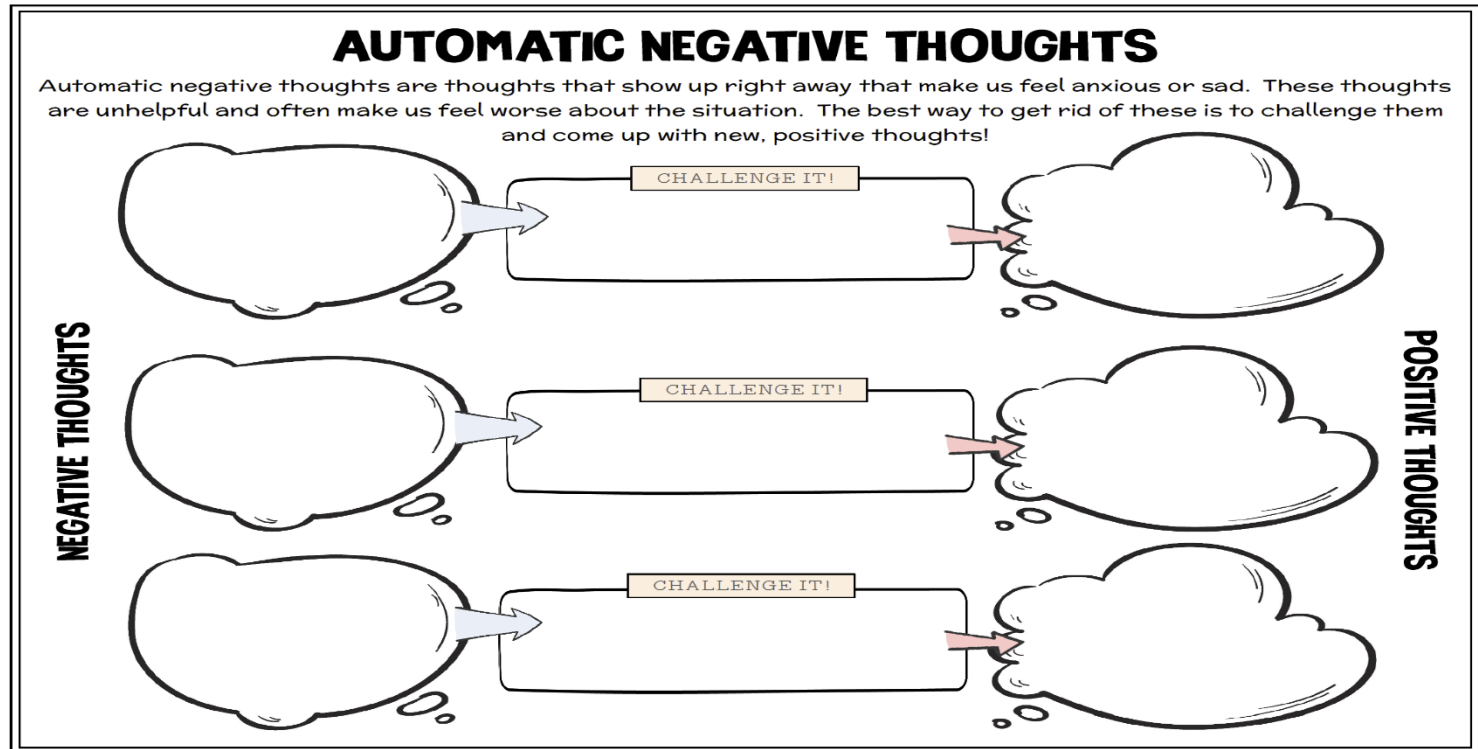
5. Challenge & Reframe Negative Thinking

- ▶ Challenging cognitive distortions can be accomplished by evaluating the evidence, focusing on positive thoughts, and avoid thinking in extremes.
- ▶ Each of the distorted thinking styles requires a unique solution to overcome negative thinking.
- ▶ You can overcome negative thoughts by:
 - ▶ Challenging and refuting negative thoughts
 - ▶ Modifying our language and internal dialogue
 - ▶ Replacing negative distortions with positive healthy thoughts
 - ▶ Writing down the more reasonable reframed thought
 - ▶ How to challenge each of the cognitive distortions .

6. Reevaluate the Distress Level

- ▶ After you have challenged and reframed the distorted thought, reevaluate the distress level to see if this exercise has helped.
- ▶ If your distress level has decreased and you are feeling better emotionally and physically after the exercise, then you have successfully altered your negative thought.
- ▶ If you don't feel like your distorted thought has been corrected you can repeat the exercise again.
- ▶ You may not always be able to correct your thinking, but with practice, you will be able to automatically recognize the negative thinking traps while altering your mindset from negative to positive.
- ▶ Print out a free copy of the worksheet at the end of the article and start challenging your automatic negative thinking!

- Automatic negative thoughts are thoughts that show up right away that make us feel anxious or sad .this thoughts are unhelpful and often make us feel worth about situation .the best way to get rid of these is to challenge them and come up new, positive thoughts.







SELF_REWARD

Why is self reward is important?

- the reward system refers to the aggregate of neural circuits
- the anticipation or acquisition of a reward will catalyze a cascade of events.
- eventuating in the release of dopamine
- Dysfunction in reward mechanisms can occur naturally (e.g., natural dopamine decline caused by social isolation
- a lack of pleasure or satisfaction (anhedonia symptoms), reduction in motivation.

Self_reward

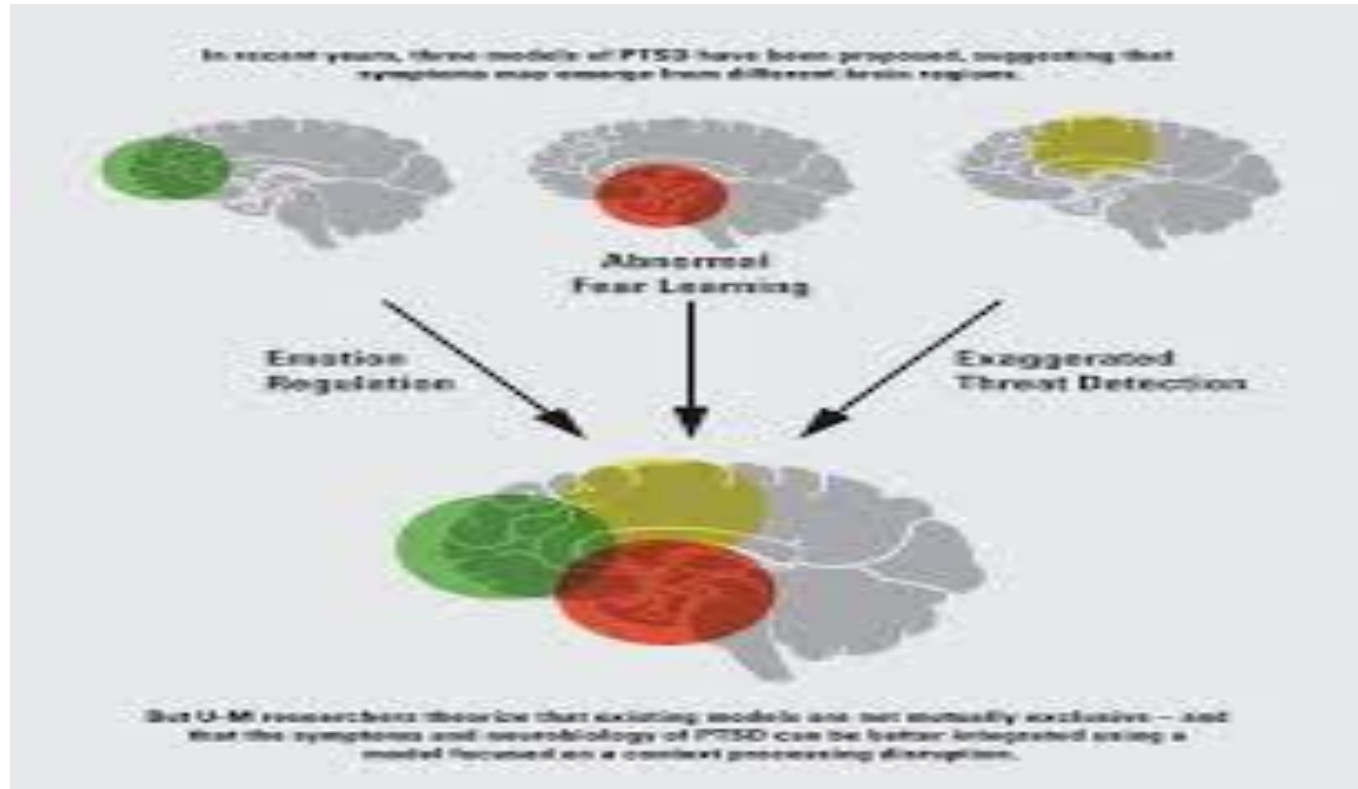
- ▶ the Reward systems in cognitive-behavioral therapy serve as a motivational tool to reinforce positive changes in behavior and promote therapeutic progress sought patterns, leading to improved emotional well-being and behavior.
- ▶ Clients can reward themselves for accomplishing a task they've been avoiding, such as completing a challenging work project or going for a health check-up. The reward could be a favorite treat, an episode of a loved show, or a relaxing bath.
- ▶ The use of reward systems in cognitive-behavioral therapy varies depending on the needs and goals of the individual. While reward systems can be a valuable technique in motivating behavior change, they may not be necessary or suitable for every person or every session



Self_ talk in PTSD

- People with PTSD often experience intrusive thoughts and negative beliefs about themselves or the world. This negative self-talk may also cause self-blame, guilt, and shame.
- Positive self-talk comes with great benefits like improving performance and boosting self-esteem. However, talking to yourself negatively can decrease confidence and raise your risk of mental health conditions like anxiety and depression.

- ▶ clients can use positive self-talk as a form of reinforcement. For example, after a successful social interaction, they might tell themselves, "I did really well in that conversation. I'm proud of myself."
- ▶ Positive reinforcement is a powerful tool in CBT, playing a pivotal role in fostering behavior change. By linking desired behaviors with rewarding outcomes, it enhances motivation, boosts self-esteem, and facilitates progress in therapy.



Problem Solving AND PTSD

- ▶ PTSD should incorporate a complementary focus on developing and increasing adaptive cognitions pertaining to **personal control** “and **confidence** in problem-solving abilities.
- ▶ This could potentially form part of a broader process of **rebuilding** the **individual’s cognitive** worldview following exposure to trauma



Relaxation Technics and positive imagery

- ▶ Guided imagery is a relaxation technique that uses positive mental images to influence how you feel.
- ▶ your body can become tense and stressed in response to thoughts that make us angry or anxious.
- ▶ it can also become calmer and more relaxed in response to calming, peaceful, and pleasant thoughts.



Positive imagery

- ▶ Sit or lie down in a quiet, comfortable area.
- ▶ Close your eyes and take several deep breaths to help you relax. ONE, TWO,..
- ▶ Imagine a peaceful and calming place that evokes positive feelings.
- ▶ This could be a favorite place in nature, a comforting memory, or a place you'd like to be.
- ▶ what do you see, hear, smell, taste, and feel in this scene?

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QUESTIONS

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