

BRAIN 2021



SESSION 3: POST-TRAUMATIC STRESS DISORDER

While the diagnostic category of PTSD is new (created with the DSM-III in 1980), accounts of similar symptoms stretch back through history – from Vietnam to the Great Fire of London in the 1600's to Homer's descriptions of the Trojan War.

PTSD is distinct from other major psychiatric illnesses by virtue of (often) having a discrete precipitating event. This has made it especially amenable to research. Robust animal models have led to relatively well understood neurobiology – including rich data on pathogenesis, relevant circuits, and on new approaches to treatment, including in conjunction with highly effective evidence-based psychotherapies.

Dig into the materials below for some of the most exciting and cutting-edge translational neuroscience!

On Your Own

Read:

**Posttraumatic Stress Disorder:
An Educational Review**

Predicting Posttraumatic Stress Disorder

**The Neurobiology of Stress, Resilience,
and Recovery**

**Rethinking “Soul Wounds” and Historical
Trauma**

Violence and Racial Trauma

Watch:

“Current Reality”

Do:

**Find It, Draw It, Know It:
Fear Circuitry** (if you didn't
already do this in Session 1)

Listen:

**Ten to the Fifteenth:
Episode 3: A Jug of
Urine**

With Your Pod (Or on Your Own)

Translational Neuroscience, Posttraumatic Stress Disorder

Assessment

At the end of Session 3, you should be able to answer the following:

- 1. What factors pre-dispose someone to developing PTSD? What factors are thought to confer resilience?**
- 2. Define classical conditioning, operant conditioning, and positive/negative reinforcement – what role do these processes play in the onset and maintenance of PTSD symptoms?**
- 3. What regions of the brain are involved in these processes?**
- 4. Describe current evidence-based treatments that are based on these principles.**
- 5. What other theoretical approaches for treating PTSD might be developed that are based on these models?**



**When you're
ready, click here
to submit your
responses.**

Fun Extras!

Watch:

**TSIRC: “Hidden Scars”
Clinical Neuroscience Conversations, PTSD
Expert Interview with Brian Dias**