

Role of Parents and Teachers in Treatment of Post-Traumatic Stress Disorder in Children

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ABOUT THE STUDY

A mental health condition known as Post Traumatic Stress Disorder (PTSD) is brought on by the trauma's intense stress. PTSD may develop by a frightening or traumatic event where physical or emotional harm was experienced, threatened [1]. Violent assaults, physical, mental, or sexual abuse, natural catastrophes, car accidents, mindless acts of violence like shootings in schools or neighbourhoods, arrests, overdoses, evictions, severe bodily wounds, or life-threatening illnesses, witnessing another person go through these kinds of traumatic events are among the traumas that can result in PTSD. Additionally, PTSD can develop as a result of substantial harm, the prospect of major danger, or the violent or unexpected loss of a family member, close friend, or other relative. PTSD may also result from survivor guilt, which is the feeling of guilt after surviving an incident in which someone died.

PTSD can affect anyone at any age. After a trauma, symptoms that resemble PTSD may appear immediately or not for weeks or months. Sometimes PTSD appears years after a traumatic event. Students with PTSD may exhibit the following behaviors like appearing agitated, anxious, cranky or angry, appear detached or depressed, struggle with concentration or paying attention, struggle with eating or sleeping, startle easily or become overly sensitive to sounds, sights, or smells that trigger the traumatic event, avoid people, places, things, or activities that trigger the event [2]. It's possible that PTSD sufferers won't make the connection between their symptoms and the traumatic event. Not all traumatised students will go on to develop PTSD.

However, individuals might experience trauma-related (PTSD-like) symptoms for a while and require assistance. A student may be identified as having acute stress disorder if symptoms appear within the first few days or weeks following a traumatic event. Most students who have experienced trauma do find methods to cope and recover with assistance and support. For a diagnosis of PTSD, symptoms must persist for more than a month. A mental health practitioner with experience treating PTSD is typically required. Students with PTSD can recover with therapy [3].

It may be necessary for students with PTSD or acute stress disorder to:

- Take anxiety medication.
- If they miss the counselling classes, they had to meet the school counsellors or mental health professionals.
- Have extra time to complete their coursework.

Role of teachers or school counsellors on PTSD

Teachers or school counsellors can provide:

- Recommendations for reputable therapists, if necessary,
- Accommodations designed to meet the needs of the kid.
- Additional assistance with schooling, listening, support, encouragement, and understanding

Trauma makes it harder to focus on learning. Don't give kids too much homework or other things that will stress them out. When it is suitable, let students practise their relaxing techniques in class. When symptoms appear, encourage them to consult a school counsellor. Students with PTSD require time to start feeling better [4]. They acquire coping mechanisms to control their anxiety in therapy. They learn how to safely confront topics they previously avoided due to trauma. Their symptoms gradually become well as they figure out how to deal with the trauma they went undergone [5].

Role of parents in treatment on PTSD

Parents have a significant influence on your child's care as a parent. Parents can assist by:

- Acknowledge the occurrence. Your child won't benefit from pretending that everything is normal.
- Support children and teenagers who have witnessed or experienced a horrific event by getting them counselling. At first, a child or teen might not desire counselling. However, it could still be necessary years or even months after the stressful experience.
- Attend all of your child's doctor's appointments.
- Discuss the other healthcare professionals who will be involved in your child's care with the one who will be caring for your

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child. A group of professionals, including therapists, social workers, psychologists and psychiatrists may provide care for your child.

- Discuss your child's PTSD with others. To develop a treatment plan, consult with your child's doctor, school.
- Speak with the neighbourhood community services for assistance. Contacting other parents who have kids with PTSD may be beneficial.
- Treat any depressive and suicidal symptoms carefully. Receive care right immediately. A health emergency is suicide.

CONCLUSION

Among other things, we follow the preventive methods to lower the likelihood of traumatic events occurring to children:

- Teach children that it's acceptable to refuse someone who tries to touch them or otherwise bothers them.
- Provide children and teenagers who have been through or witnessed a traumatic event with the necessary support and/or counselling.
- Promote preventative initiatives in your neighbourhood or local school system.

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