Discussion Questions

# Chapter 7: STRESS, TRAUMA, AND PSYCHOPATHOLOGY

1. Describe the normative adaptive process involving fight or flight during stressful situations.

2. Briefly describe the HPA axis. What is its role in relation to stress? Compare and contrast the HPA axis to another stress-related pathway, the ANS.

3. Suppose you are a therapist and an individual has come into your office seeking treatment for PTSD. Which method are you most likely to utilize in his treatment? What would this procedure involve? Explain why you chose to use this method over others.

4. In considering traumatic experiences, what are important developmental considerations when making the diagnosis of PTSD during childhood? What is the developmental trajectory of experiencing trauma in childhood and how might symptoms associated with PTSD re-emerge in adulthood? Be sure to provide an example.