



Trauma healing in refugee women coming to Switzerland

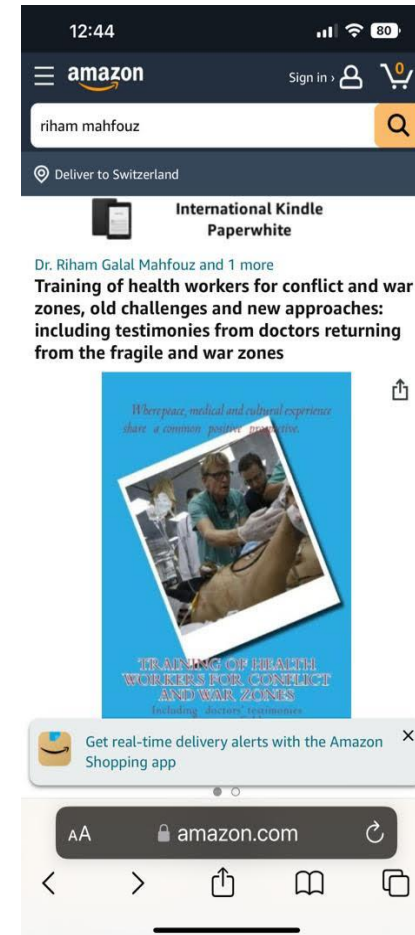
By

Dr. Riham Mahfouz


The best of people is the most beneficial
to people




Master of peace and conflict management psychology





PTSD Signs and symptoms




Symptoms of PTSD

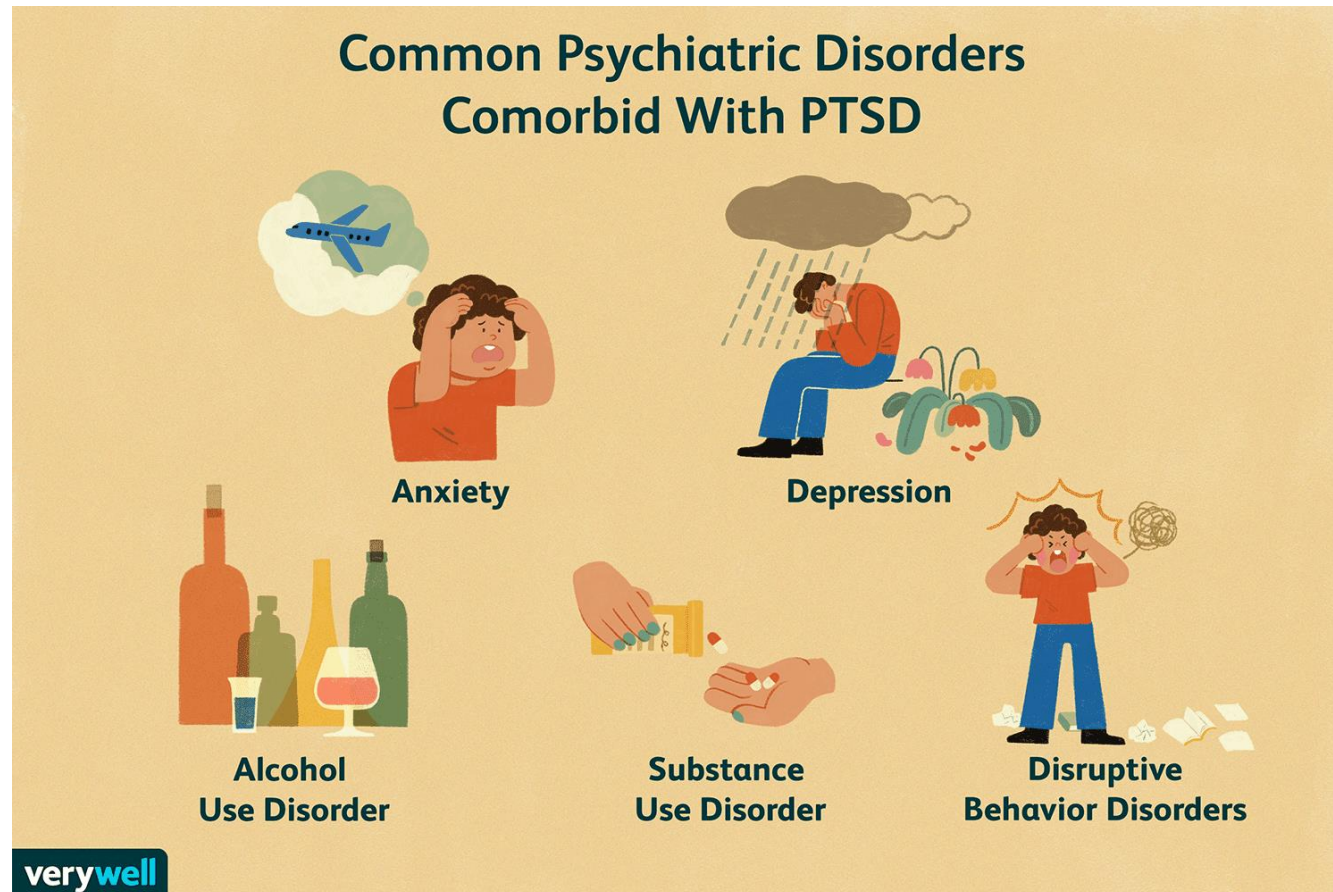
 **Intrusion**
Can include intrusive thoughts, flashbacks, distressing dreams

 **Avoidance**
Avoiding reminders of the traumatic event

 **Alterations in cognition and mood**
Can include issues with remembering, negative thoughts, intense emotions, distorted thoughts and beliefs, etc.

 **Changes in arousal and reactivity**
Potential irritability, recklessness, being overly watchful/vigilant, easily startled, problems concentrating and sleeping

PTSD comorbidities and complications



PTSD healthy coping strategies

The infographic features a central illustration of a woman sitting in a meditative pose. Five lines radiate from her, connecting to five distinct coping strategies, each represented by an icon and a text label:

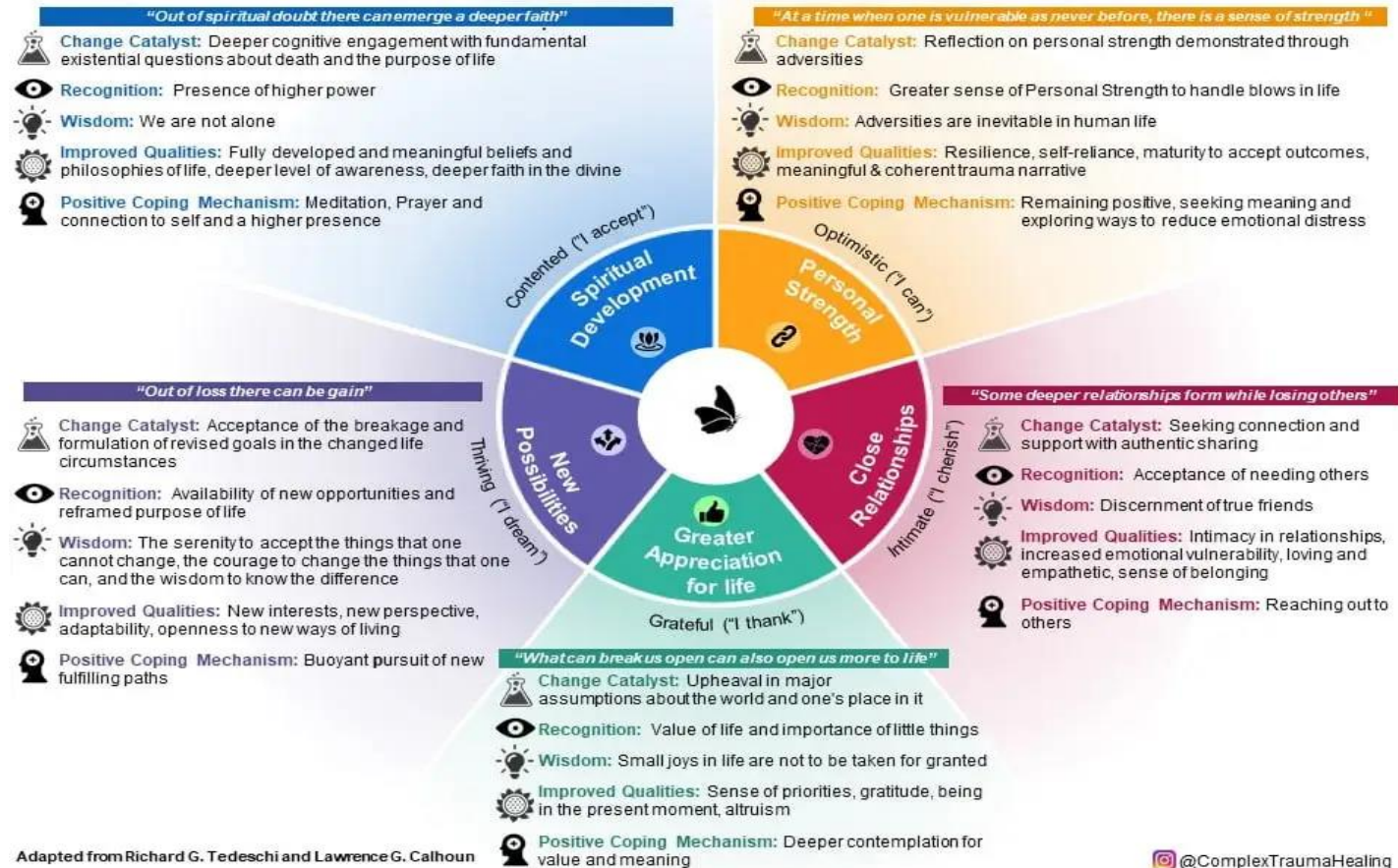
- Mindfulness:** Represented by an icon of a potted plant with a blue watering can.
- Writing journal:** Represented by an icon of an open book.
- Chat with a friend:** Represented by an icon of a person's profile in a video chat window.
- Lifestyle changes:** Represented by an icon of a recycling symbol.
- Exercise:** Represented by an icon of a dumbbell.

At the top left is the **medserg** logo. The title **PTSD coping strategies** is centered at the top in blue text. A blue footer bar at the bottom contains the following information:

- Website: www.medserg.com
- Contact Email: contact@medserg.com
- Contact Phone: +091-98884-52072

Post traumatic growth PTG inventories

5 Domains of Post-Traumatic Growth



Adapted from Richard G. Tedeschi and Lawrence G. Calhoun

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