

PTSD Case Study

He recently got appointed to military services. Alex is twenty-three years old. He waited for for this event for his whole life. He devoted himself to achieve thi goal. He is the youngest of two elder brothers. His parents were also educated and doing a job as professors and lecturers in-state college. He was brought up in an educated and motivating environment that always encouraged him to achieve high. Throughout his academic career, he secured good marks and higher positions. The army was not just his preference, but it was also his passion. For that passion, he tried hard and finally achieved his goal.

He had some personality traits of always giving his best. He was well organized and diligent. He always tried to be a perfectionist and perform his assigned tasks without any mistake. As he was a high achiever, his thirst for achievement sometimes made him anxious and stressed. He could not imagine himself even being in the second position. This made him always staying in a tense mental state of struggling hard and putting in more effort. He was a sensitive person also who could not bear any charges and blames. He used to hate being mistrusted or being made fun of by others. He avoided such school and friends gatherings and preferred to stay at home, studying, or helping her mother with house chores.

Alex was the youngest at home, so everyone in his family used to shower their love and attention on him. Everyone told his likes and dislikes, and his family members always tried to be pampered and loved. His birthdays were celebrated, and he was given gifts by his elder brothers and parents too. He was a pampered child, so he rarely stayed away from home. Even ge did not

spend the night outside the home with friends or cousin's place. He used to be and preferred to be around his family members.

Moving on to his early life experiences, once his father scolded him over beating his classmate. He explained to his father that it was not his mistake that one boy first started the fight. His father did not listen to him and slept with him. Over this, he locked himself in the room and did not eat food for two days. He did not also talk to his father until he apologized for his mistake. In addition to this, many other life events indicated the aspect of self-worth and self-obsession in him. He was an attention seeker too who always wanted to be loved and pampered by his family members.

Throughout his academic career, he did not have a significant friend or any girlfriend. He was so dedicated to achieving his goal of being selected in the army that he neglected all other activities common to similar-age students. After all, he achieved his goal of being selected in the military, and he was much happy. He had a fear of being away from his family. He had not ever lived alone without them, and he always needed their guidance over mere decisions, so it was distressing for him to leave his home.

After one month of being appointed in the military, he had to join and leave for his training. He had mustered up some courage to manage to live without his family at that unfamiliar place, but the conditions over there were tragic. First, he had to face bully and harassment over there by his seniors. That was a critical time for him as he was insulted by others, and he could not share that experience with anyone. His training was tiring and harsh, about which he had an idea before but could not assess his capabilities to bear those hardships.

He used to stay anxious and used to cry loud in hostel rooms. He could not cope with these circumstances, and the experience of physical abuse and physical torture was distressing for him. He had decided to leave his passion and go back to his home. He was facing continuous rejection and insult by his seniors and officers. He was suffering from a high fever, and his physiological and mental state was also not fine. In the presence of all these factors, the authorities decided to send him back to his home.

After returning home, his mental condition was not stable. He was admitted to the hospital, where he stayed for a week. He is stable and improving his health with time, but he still used to shout and cry in his room alone. His parents were really worried about his condition and tried their best to bring him back to normal. After three to four months, he has improved a lot and was looking for a job. He was trying to get stable, but he was still having nightmares related to that traumatic experience. He used to shout while sleeping and crying aloud. He used to have a startling response to any noise or sudden sound. He started crying over watching any military parade performed by anyone in military uniform (Yehuda, 2002).

In all such factors and symptoms, he was recommended for psychological assessment by a psychiatrist. After a complete assessment and mental status examination, he was diagnosed with post-traumatic stress disorder. In the presence of all these conditions, he was further referred for psychotherapeutic treatment. His personality factors and home environment all supported his diagnosis. His false beliefs and self-obsessed thought related to self-worth and being trusted all the time by all were the precipitating factors that elevated his symptoms (Yehuda, 2002).

References

Yehuda, R. (2002). Post-traumatic stress disorder. *New England journal of medicine*, 346(2), 108-114.



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