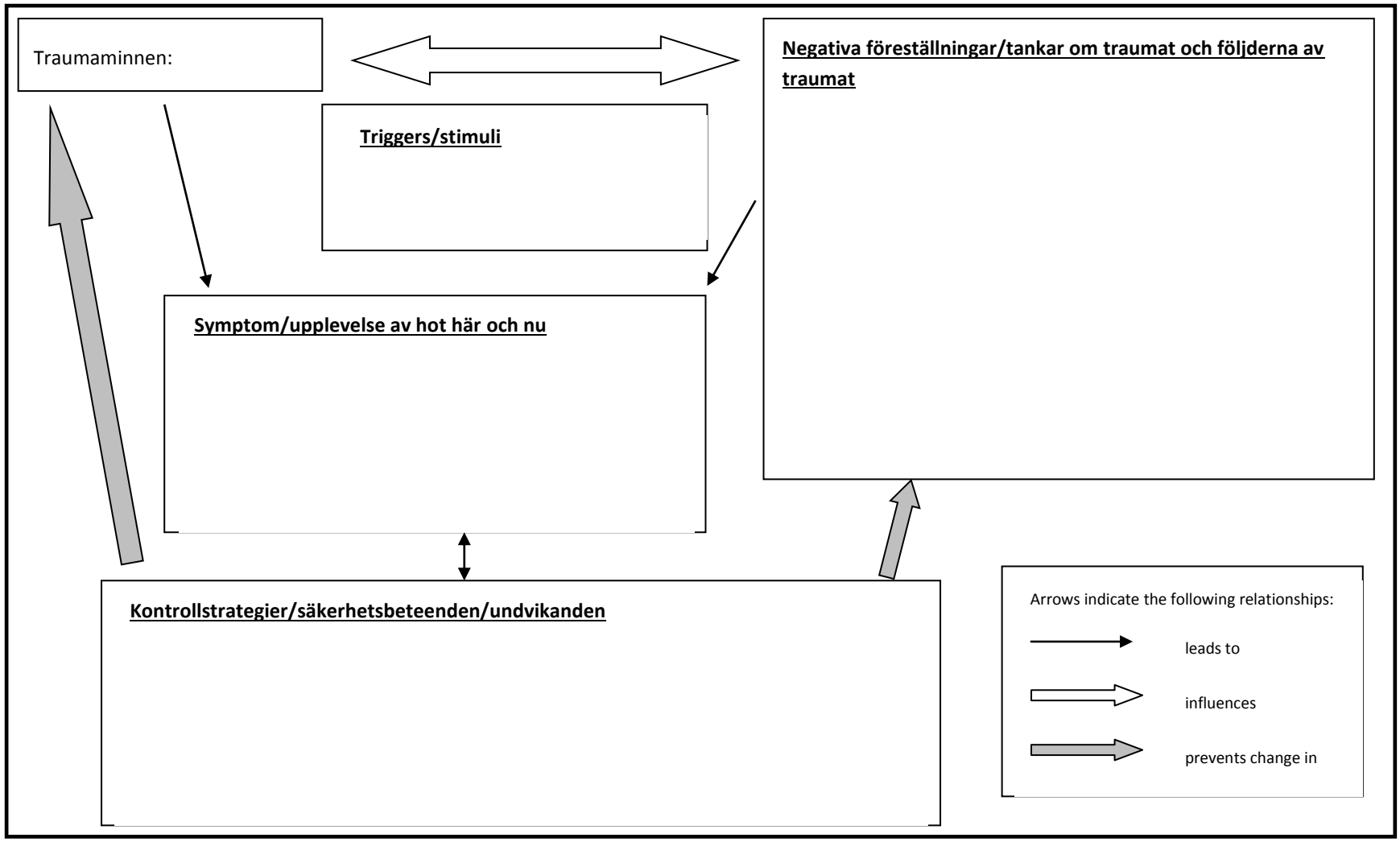
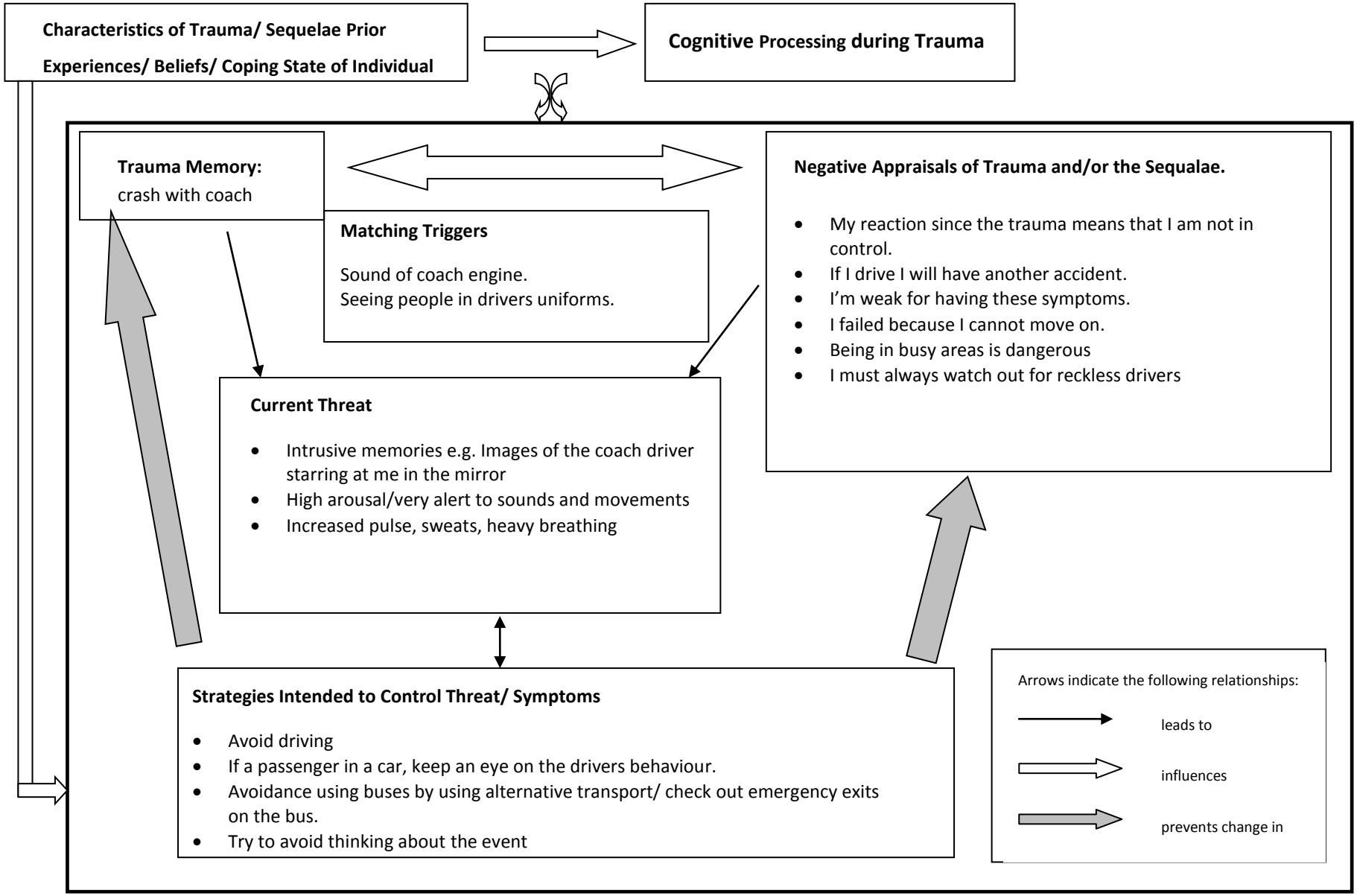

Traumaminnen:
Negativa föreställningar/tankar om traumat och följderna av traumat
Triggers/stimuli
Symptom/upplevelse av hot här och nu
Kontrollstrategier/säkerhetsbeteenden/undvikanden
Arrows indicate the following relationships:
leads to
influences
prevents change in

Ex - Engelska


Characteristics of Trauma/ Sequelae Prior Experiences/ Beliefs/ Coping State of Individual
Cognitive Processing during Trauma
Trauma Memory:
crash with coach
Matching Triggers
Sound of coach engine.
Seeing people in drivers uniforms.
Negative Appraisals of Trauma and/or the Sequalae.
My reaction since the trauma means that I am not in control.
If I drive I will have another accident.
I'm weak for having these symptoms.
I failed because I cannot move on.
Being in busy areas is dangerous
I must always watch out for reckless drivers
Current Threat
Intrusive memories e.g. Images of the coach driver starring at me in the mirror
High arousal/very alert to sounds and movements
Increased pulse, sweats, heavy breathing
Strategies Intended to Control Threat/ Symptoms
Avoid driving
If a passenger in a car, keep an eye on the drivers behaviour.
Avoidance using buses by using alternative transport/ check out emergency exits on the bus.
Try to avoid thinking about the event
Arrows indicate the following relationships:
leads to
influences
prevents change in