

Fear Me Out Podcast: PTSD & TRAUMA THERAPY

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Post-traumatic stress disorder (PTSD) is a debilitating mental health condition that can have long-lasting effects on individuals who have experienced traumatic events. Childhood abuse, in particular, can leave profound scars on a person's psyche and contribute to the development of PTSD. Children who endure abuse, whether it is physical, sexual, emotional, or neglect, often face an overwhelming sense of fear, helplessness, and betrayal that can persist into adulthood.

The effects of childhood abuse on the developing brain and emotional well-being can be profound. Children who experience abuse may suffer from flashbacks, intrusive memories, and nightmares that vividly recreate the traumatic events they endured. They may also exhibit hypervigilance, constantly scanning their surroundings for signs of danger, and have an exaggerated startle response. Avoidance behaviors, such as steering clear of reminders of the abuse or avoiding certain situations, can become ingrained coping mechanisms.

The emotional impact of childhood abuse can be severe, leading to feelings of shame, guilt, anger, and worthlessness. Individuals with PTSD may struggle with regulating their emotions, often experiencing intense bouts of anxiety, depression, and irritability. Trust issues and difficulties in forming secure attachments may also arise, as the traumatic experiences may have shattered their sense of safety and trust in others.

Furthermore, the cognitive functioning of survivors of childhood abuse may be affected. They may have difficulties with concentration, memory, and

decision-making, which can impede their academic or professional pursuits. The long-term consequences of untreated PTSD from childhood abuse can also manifest in physical symptoms such as chronic pain, headaches, gastrointestinal problems, and sleep disturbances.