



## Post-Traumatic Stress Disorder

Besides seeking professional help, other helpful strategies to consider:

- Garner available school resources and personnel as much as possible to create a warm and supportive school environment so as to help the student regain his/her sense of safety and security.
- If the student appears distracted in class, possibly due to intrusive thoughts or images of the trauma, walk close to where he/she is seated and call his/her name in a gentle tone. Avoiding shouting the student's name or tap their shoulders to draw their attention as the student may get startled easily after a trauma. If appropriate, consider giving your student lesson notes or extension of deadline for class assignments to reduce his/her stress
- Communicate closely with your student's therapist to find out what are the excusable activities. Take note that these will change as the student's therapy progresses as therapy entails getting the student to gradually face up to the trauma-related situations that the student is avoiding. The objective is to gradually return the student to his/her normal routines.
- While the student is still under treatment for his/her PTSD, consider letting the student do his/her examinations alone in a separate room and having time extension during the examination.