

Marjan Bakhtiyari, Psy.D., M.F.T.
11911 San Vicente Boulevard #250, Los Angeles, California 90049
Phone: +1(310) 948-7868
Email: DrMarjanBakhtiyari@Gmail.com Website: DrMarjan.net

Posttraumatic Stress Disorder (PTSD)

Symptoms may include:

Exposure to threats of death or serious injury that resulted in an intense emotional response of fear, helplessness, or horror

Disturbing dreams and/or intrusive, distressing thoughts that is associated with the traumatic event.

Avoidance of activities, places, or people associated with the traumatic event.

Lack of concentration, irritability or angry outbursts, sleep disturbance, depression, and/or exaggerated startle response that last and is present for more than one month.

Goals in therapy include:

Recall the traumatic event without becoming overwhelmed with negative emotions.

Interact normally without irrational fears or intrusive thoughts that control behavior.

Develop and implement effective coping skills.