

## Approach to Post-Traumatic Stress Disorders

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In the emergency room, doctors of various medical specialties treat urgent trauma cases. The main priority on that instance is to treat the life threatening conditions. However, one has to bear in mind that appropriate psychological support to the patient is essential to prevent serious post-traumatic stress disorders (PTSD) symptoms such as flashbacks, nightmares, severe anxiety, depression, memory problems, panic crises, even suicide attempts. In this special issue dedicated to post-traumatic stress disorders there are some very interesting articles. There are a couple of studies on the effectiveness of the Eye Movement Desensitization and Reprocessing (EMDR) treatment for PTSD [1]. The first study has been done on 41 children who have been involved in a serious school bus accident. A similar tragic event happened in my country, in Greece, where 21 children were killed in a school bus accident. The approach and the treatment of the survivors and their families described in this article are very interesting and potentially helpful. The second article is a report of a series of 7 patients suffering from PTSD treated with eye movement desensitization and reprocessing [2] with a long follow up of 12 months. Another treatment of PTSD proposed in another article in this issue is the use of hypnosis with good outcomes according to the authors. Another interesting article is a study on predisposing factors of juvenile sexual offending [3]. Demographic characteristics, mental health problems,

and interpersonal history trauma have been examined. This study attempts to understand better the sexually abusive behavior in order to identify effective interventions in further studies. The last article is a short communication on psychological trauma in Iraq [4]. We often receive on the news reports of political and military conflicts in Iraq. What is interesting in this study is the sad reveal of the high incidence of children suffering from PTSD.

Enjoy your reading of this extremely interesting special issue dedicated to the post-traumatic stress disorders.

### References

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