

Viewing Posttraumatic Stress Disorder with a Humanistic Perspective

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Abstract

In daily life, there are a considerable number of people with mild post-traumatic stress disorder. Based on the premise of following humanistic concepts, how should we deal with such a group of people; And when we have post-traumatic stress disorder ourselves, how should we face ourselves and others.

Keywords

humanistic concepts; Post traumatic stress disorder.

1. Introduction

Post traumatic stress disorder (PTSD) literally refers to a situation where an individual experiences, witnesses, or encounters psychological or physiological trauma and is unable to respond normally to similar stimuli. Its definition in medicine is more rigorous and involves more serious situations with narrower coverage. Due to limitations in life experience, this article only provides some examples of mild post-traumatic stress disorder.

2. How to face the group of mild post-traumatic stress disorder around us

2.1. The situation of self-healing during the growth process

When I was one or two years old, my father and I once played a game of "avoidance", where I touched him with my hands or feet and he wanted to avoid it. My father had successfully dodged several times before, and I became impatient. I suddenly stepped on the place where my father was, while my father cleverly dodged. As you can imagine, I fell to the ground with a big bump on my head. Later in the kindergarten class, almost all the children in the class could quickly descend the stairs, but I still couldn't rotate my feet down the stairs. I had to step on one foot first, followed by the other foot to the same level, and then repeat. Until one time, my mother and I were caught on the subway, and I was dragged down the stairs by my mother. Since then, I suddenly learned to rotate my feet down the stairs.

Due to the injury caused by my first empty step, I developed a fear of the sinking space, and this fear persisted. Therefore, I dared not take steps when it was uncertain whether it was safe to go down the stairs, and could only use one foot to test it first. It can be seen as a way for individuals to consciously avoid danger. And when I was dragged by my mother, I realized for the first time that there was no danger in changing two casters down the stairs. At the same time, my physical function had already reached the level where I could go down the stairs, so I naturally learned to go down the stairs. This can be considered an example of successfully overcoming post-traumatic stress disorder with the help of external forces. It can be seen that overcoming post-traumatic stress disorder can be achieved by restoring the scene experienced, allowing the parties involved to overcome difficulties autonomously or semi autonomously. For me, not being able to safely reach the ground from the bed was a regret that could not be filled for a period of time afterwards, which turned into my fear of going down the stairs. This type

of event belongs to situations that occur early, have mild symptoms, and can be naturally cured during the growth process. Parents need to pay attention and provide some guidance, otherwise there may be a lag in skill learning progress.

2.2. Difficulty in self-healing during growth and no need for intervention

Another example comes from a friend of mine who was pecked by a chicken and bled when he was a child, causing him to still not be able to see things with sharp beaks, such as screaming chickens and duck heads. This type of situation is obviously not suitable for applying the method mentioned above. Firstly, it is difficult to restore the scene of being pecked by a chicken. Domestic chickens usually avoid adults when they see them, let alone actively attack; Secondly, even for adults, being pecked by pointed billed animals can be painful, and the restoration scene does not conform to the humanistic concept of caring for people. Being pecked by a pointed billed animal was a severe physiological stimulus for a young man, which he couldn't bear at the time. In the subsequent growth process, there was no opportunity to break this fear. Therefore, even though his body has grown to the point where it can withstand similar stimuli, in his consciousness, the pain is the same as what he felt when he was a child, that is, compared to people who have not been harmed, he amplifies the pain. Without understanding post-traumatic stress disorder, many people may find it difficult to understand certain people's demands, such as sharp mouthed things. Even living things dare not approach us, let alone inanimate things. What's so scary about this. Even more so, they may make fun of others by saying, 'A big man is afraid of this,' which can harm others and is a sign of disrespect, and is not advisable. It is normal for us to naturally avoid things we fear when facing them. So what should we do when facing such a situation? After realizing that this is a normal phenomenon, one should try to understand and tolerate it, helping them avoid corresponding stimuli. This type of event belongs to situations that can be shared with others and have minimal impact on normal life, but are difficult to naturally heal during growth and do not require intervention from others. In situations where one can confide in others, this type of situation accounts for the majority.

2.3. Inability to speak to others

After learning about examples of mild symptoms of post-traumatic stress disorder, when you look at people around you in this way, you may discover countless possible cases, such as: someone with acrophobia suspected of being stabbed by sharp objects; Some people are afraid of walking by the river and suspect that they may have experienced choking on water. However, the actual situation is likely to be much more complex than ours, and some people may not be willing to recall. Moreover, we understand the manifestations of post-traumatic stress disorder not to speculate about others, but to have more tolerance and understanding when facing their demands. We cannot blindly believe that it is necessary to speak out in order to be good for him, and as friends, we should respect his personal choices.

3. How to face one's own post-traumatic stress disorder

The above are all approaches to dealing with post-traumatic stress disorder from the perspective of bystanders. When your identity changes and you become the person with post-traumatic stress disorder, how should you face yourself and others. Firstly, it is clear that this is a possible situation for everyone and a normal phenomenon. There is no need to be overly nervous. You can confide in your parents, relatives, and friends for help. They will help you avoid stimuli and minimize the impact of previous trauma on you. If you are unable to recall the situation on your own or if you lose control of your emotions at the thought of it, which seriously affects your normal life, immediately consult a psychologist. Some people have the idea of avoiding medical treatment, one of the reasons is that they are afraid of getting sick and cannot

accept it, which often happens to middle-aged and elderly people; The other is about dignity. In modern times, there are some diseases that are colorful in people's eyes. For example, AIDS. Most people will speculate about this person's private life disorder and point out to him or even his family. Theoretically, some patients suffer from AIDS because of their private life disorder, but this is only possible. It is precisely because of these phenomena that some people are worried about their physical condition and dare not go to the hospital for treatment. From a humanistic perspective, it is disrespectful, damaging the reputation, and self-esteem of others to speculate solely on the possible sources of illness without conclusive evidence. For anyone, suffering from illness is a very painful thing, which would have caused great harm to the body and mind of the person involved, and the arbitrary evaluation of others will only deepen this pain. Therefore, avoiding illness and avoiding medical treatment is also an evasive approach, but we must understand that avoiding can never solve the problem, it is just a temporary strategy that you don't have to face temporarily. There is nothing that can be solved naturally by avoiding. So, when your symptoms have already affected your normal life, don't avoid them because of others' eyes, face them bravely, and believe that doctors will provide you with the most scientific and efficient solutions.

4. The humanistic concepts around us

Literature originated from human activities and has been developing with human development since its inception. Without human activities, literature has lost its place of existence. Whether it originated from the theories of witchcraft, religion, games, or labor, it is closely related to humans. Without human activities, literature does not matter. Therefore, from the day it emerged, literature placed people in comparison A prominent position. [1] In the humanistic concept, "people-oriented" is an extremely important concept. Following the humanistic concept in life requires us to respect others, respect their personalities, and treat them equally. At the same time, we should also have self-esteem and self-love, and value our own development and needs. When facing people who are very resistant and evasive towards certain things, we should take this into account, fully understand them, respect them, and provide them with humanistic care. However, we should not provide solutions just because we want to help them solve problems. Posttraumatic stress disorder belongs to the category of diseases, and even if there are no more theories than experienced doctors, it can be counterproductive if not handled well. For friends who actively share their potential post traumatic stress disorder, we first need to take it seriously, understand which type of stimulation they have, and try to help them stay away from such stimuli as much as possible. At the same time, we should also pay attention to their emotions in a timely manner.

Humanity is a discipline that focuses on and cares about people. From the perspective of treating others, it is necessary to respect their will and not interfere excessively, but at the same time, to care for others in a timely manner. How to grasp this degree requires us to constantly explore. Here, Confucius' impartial "doctrine of the mean" applies; From the perspective of treating ourselves, we should pay attention to our own development, value ourselves, care about ourselves, express our emotions in a timely manner, and also improve our self-cultivation, personality, and move towards further goals through learning.

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