

DECLARATION

Student number: 799-089-8

I declare that *Psycho-educational intervention with students suffering from post-traumatic stress* is my own work and that all sources that I have used or quoted have been indicated and acknowledged by means of complete references.

SIGNATURE
(Mr MJ Mashiapata)

DATE

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And above all, to God the Almighty, “In him we live and move and have our being”

SUMMARY

Psycho-educational intervention with students suffering from post-traumatic stress

by

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Violent crime and trauma are very common within the society and students at the technikon are as exposed to these traumatic situations that characterize the broader national context as anybody.

The purpose of this study was to explore therapeutic intervention techniques that can be used by the educational psychologist in assisting students suffering from post-traumatic stress.

The phenomena of post-traumatic stress and post-traumatic stress disorder were studied with reference to the DSM IV classification and description. Traumatic events and stressors among students were outlined. A case study was conducted with a subject selected at the technikon who was suffering from post-traumatic stress due to earlier physical abuse and violence she experienced at home.

The Trauma-100-Questionnaire was used to investigate the extent of the trauma and the results showed that the subject was involved with negative self-talk and employed ego defence mechanisms.

An analysis of the subject's problem was done through the relations theory and various techniques from the literature study were implemented in therapy with the subject.

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- B: Respondent information leaflet and informed consent
- C: Bureau for academic support: Personal counseling and therapeutic services
report: April – June 2002
- D: Programme: Personal counseling and therapeutic services – Annual
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