Learning Session

Focus Questions

1. You've been asked to give a presentation on the relationship of stress to physical illness. What would you present consistent with Psychoneuroimmunology? Make sure to address the effects of stress on the endocrine and immune systems and the ideas of general adaptation syndrome.

2. Create a story of someone exhibiting characteristics of an adjustment disorder. Be specific about the causes and symptoms and what might be helpful in their treatment.

3. A friend or loved one has just experienced a traumatic event. Explain to them what you know about Acute Stress Disorder and PTSD. What factors may lead them to experience PTSD, while others experiencing the trauma will not. What will be helpful for them as they recover.