

## Bölüm 5

# TRAVMANIN KLİNİK VE NÖROLOJİK GÖRÜNÜMÜ İLE SAĞALTIMI

Fatih BAL<sup>1</sup>  
Beril Zeynep HACIOSMAN<sup>2</sup>

### TRAVMANIN KLİNİK GÖRÜNÜMÜ

Travma, insan kadar eskidir. Doğanın haşmeti ve yıkıcılığı, insanın şiddet içeren davranışları sergileyebilme kapasitesi ve ölüm gerçeği göz önünde bulundurulduğunda travmanın insan ile doğan bir olgu olduğu varsayımı kuvvetlenir. Diğer bir deyişle, travma yaşıyor olmanın bir yan etkisidir denebilir. İnsanın travmatik bir olaya verdiği ilk ve ilkel tepki, direnç göstermek ve görmezden gelmektir. Travma kendi içinde o kadar fazla nahoş ve rahatsız edici hisleri barındırır ki; insan kabul etmekten ziyade travmatik gerçeğini dile getirmekten dahi kaçınır. Travma yaratan olayı zihninden uzaklaştırmaya, hiç yaşanmamış gibi her ayrıntısını silmeye çalışır (Eitinger, 1980).

### Travma Kavramının Tarihsel Seyri

Psikiyatri biliminde travma kavramı, en basit şekliyle beklenen bir tehlikenin neden olduğu içsel nitelikli psikolojik bir olay olarak tanımlanmaktadır. Ani (akut) bir şekilde meydana gelen travma, psikolojik şok, duyguların donuklaşması, konuşma, yeme ve uyku bozukluğu, sosyal izolasyon ile karakterizedir, çaresizlik halinin devamı ölümle sonuçlanabilir. Uzun vadeli etkileri genellikle devam eden özsever meşguliyet, somatik endişeler, depresyon ve anksiyete belirtileri, aldatılmasının daha fazla devam edeceği korkusu şeklinde ortaya çıkmaktadır (Arko-naç,1999).

Psikolojik travmanın merkezde yer aldığı Örselenme Sonrası Gerginlik Bozulğunun temel özelliği kişinin kendisinin doğrudan maruz kaldığı ölüm tehdidi, ağır yaralanma, işkence veya böyle bir duruma şahit olması veya aile üyelerinden herhangi birinin böyle durumlara maruz kaldığını veya beklenmedik ve feci bir şekilde öldüğünü haber alması gibi zihinsel veya fiziksel yaralanmadan sonra, bir

<sup>1</sup> İstanbul Gelişim Üniversitesi, İdari, İktisadi ve Sosyal Bilimler Fakültesi Psikoloji Bölümü, E-mail: fbal@gelisim.edu.tr

<sup>2</sup> Psikoterapi ve Psikoloji Uygulamaları Enstitüsü, E-mail: b.zeynephaciosman@gmail.com

## **Elektro-konvulsif Terapi (EKT)**

Psikotik belirtilerin eşlik ettiđi ve psikofarmakolojik tedavinin yetersiz kaldıđı örselenme sonrası gerginlik bozukluđu vakalarının tedavisinde elektro-konvulsif terapi (EKT) uygulanmaktadır. Rapor edilen olgu sunum çalıřması EKT'in bir tedavi yöntemi olarak kullanılabileceđini akla getirmektedir (Ozdemir, Garip, Oznur, Erdem ve Akarsu, 2013).

## **Kannabinoid Tip 1 Reseptörü (CB<sub>1</sub>) Terapisi**

Genel anlamda CB<sub>1</sub> reseptörü aktivasyonu ağrı, anksiyete, depresyon, örselenme sonrası gerginlik bozukluđu, post-menopozal osteoporoz, kanser ve nörodejeneratif bozuklukların tedavisinde, ayrıca inhibisyonu ile obezite, diyabet, karaciđer rahatsızlıkları, kardiyometabolik komplikasyonlar, alkol-ilaç bađımlılıđında terapötik amaçlı kullanılabilir (Çınar ve Çınar, 2012).

## **KAYNAKÇA**

- American Heart Association (AHA). Scientific Sessions. Medscape Medical News; 2010 November 13-17; Chicago, Illinois: Abstract 14864. Presented November 17, 2010.
- Andrews, G., Creamer, M., Crino, R., Hunt, C., Lampe, L., & Page, A. (2002). The Treatment of Anxiety Disorders: Clinician Guides and Patient Manuals. 2. Baskı, Cambridge: Cambridge University Press.
- Anisman, H., Suissa, A., & Şklar, L.S. (1980). Escape deficits induced by uncontrollable stress: antagonism by dopamine and norepinephrine agonists. *Behav Neural Biol.* 28:34-47.
- Arkonacı, O. (1999). Açıklamalı Psikiyatri Sözlüğü. İstanbul: Nobel Tıp Kitabevleri.
- Bremner, J.D., Scott, T.M., Delaney, R.C., Southwick, S.M., Mason, J.W., Johnson, D.R., ... Charney, D.S. (1992). Deficits in shortterm memory in posttraumatic stress disorder (New Research Abstract 156). Proceeding of the 145th annual meeting of the American Psychiatric Association, Washington, DC, May 1992.
- Bremner, J.D., Southwick, S.M., Johnson, D.R., Yehuda, R., & Charney, D.S. (1993). Childhood physical abuse and combat-related posttraumatic stress disorder in Vietnam veterans. *Am J Psychiatry.* 150(2): 235-239.
- Bremner, J.D., Innis, R.B., Salomon, R.M., Staib, L.H., Ng, C.K., Miller, H.L., Bronen, R.H., ... Charney, D.S. (1997). Positron emission tomography measurement of cerebral metabolic correlates of tryptophan depletion-induced depressive relapse. *Arch Gen Psychiatry.* 54(4): 364-374.
- Bremner, J.D. (2006). The relationship between cognitive and brain changes in posttraumatic stress disorder. *Ann NY Acad Sci.* 1071:80-6.
- Breslau, N., Davis, G.C., Andreski, P., Peterson, E.L., & Schultz, L.R. (1997). Sex differences in posttraumatic stress disorder. *Arch Gen Psychiatry.* 54(11): 1044-1048.
- Boudoukha, A.H., Ouagazzal, O., & Goutaudier, N. (2017). When Traumatic Event Exposure Characteristics Matter: Impact of Traumatic Event Exposure Characteristics on Posttraumatic and Dissociative Symptoms. *Psychological Trauma.* 9(5):561-566.
- Choi, J.Y. (2017). Posttraumatic stress symptoms and dissociation between childhood trauma and two different types of psychosis-like experience. *Child Abuse & Neglect.* 72:404-410.
- Copenhaver, J. H., Schalock, R. L., Johnson, L., & Stull, T. (1989). Relationship between preexposure to prey and PCPA-induced filicidal activity in Sprague-Dawley rats. *Physiology & Behavior.* 45(2): 343-346.
- Craparo, G., Gori, A., Mazzola, E., Petrucci, I., Pellerone, M., & Rotondo, G. (2014). Posttraumatic stress symptoms, dissociation, and alexithymia in an Italian sample of flood victims. *Neuropsychiatric Disease and Treatment.* 10:2281-4.

- Çınar, Ö.G., & Çınar, R. (2012). Kannabinoid Tip 1 Reseptör (CB1) ve Terapötik Yaklaşımlara Genel Bakış – II. Marmara Üniversitesi Sağlık Bilimleri Enstitüsü Dergisi. 2 (1): 1-8.
- Dalenberg C.J., Glaser, D., & Alhassoon, O.M. (2012) Statistical support for subtypes in posttraumatic stress disorder: the how and why of subtype analysis. *Depress Anxiety*. 29(8): 671-678.
- DeKloet, E.R., Joëls, M., & Holsboer, F. (2005). Stress and the brain: from adaptation to disease. *Nat Rev Neurosci*. 6(6):463-75.
- Deppermann, S., Storchak, H., Fallgatter, A.J., & Ehlis, A.C. (2014). Stress-Induced Neuroplasticity: (Mal) Adaptation to Adverse Life Events in Patients with PTSD-A Critical Overview. *Neuroscience*. 283:166-77.
- Dinan, T.G., Barry, S., Yatham, L.N., Mobayed, M., & Brown, I. (1990). A pilot study of a neuroendocrine test battery in posttraumatic stress disorder. *Biol Psychiatry*. 28(8): 665-672.
- Drugan, R.C., Morrow, A.L., Weizman, R., Weizman, A., Deutsch, S.I., Crawley, J.N., & Paul, S.M. (1989). Stress-induced behavioral depression in the rat is associated with a decrease in GABA receptor-mediated chloride ion flux and brain benzodiazepine receptor occupancy. *Brain Res*. 487:45-51.
- Duman, R.N., Bayram, S., & Demirtaş, B. (2018). EMDR: Olgu Sunumları. *Türkiye Bütüncül Psikoterapi Dergisi*. 1 (1): 142-164.
- Einsle, F., Kraft, D., & Köllner, V. (2012). Post-traumatic stress disorder (PTSD) in cardiology and oncology- which diagnostic tools should be used. *Psychosomatic Res*. 72:434-438.
- Eitinger, L. (1980). *Survivors, Victims and Perpatrators*. Washington: Hemisphere Publishing.
- Ellis, J. (1980). *The Sharp End of War The Fighting Man in World War II*. London: Pimlico.
- Elman, I., Lowen, S., Frederick, B.B., Chi, W., Becerra, L., & Pitman, R.K. (2009). Functional neuroimaging of reward circuitry responsivity to monetary gains and losses in posttraumatic stress disorder. *Biol Psychiatry*. 66(12):1083-90.
- Felmingham, K., Kemp, A., Williams, L., Das, P., Hughes, G., Peduto, A., & Byrant, R. (2007). Changes in anterior cingulate and amygdala after cognitive behavior therapy of posttraumatic stress disorder. *Psychol Sci*. 18(2):127-9.
- Franzke, I., Wabnitz, P., & Catani, C. (2015) Dissociation as a Mediator of the Relationship between Childhood Trauma and Nonsuicidal Self-injury in Females: A Path Analytic Approach. *Journal of Trauma & Dissociation*. 16(3):286-302.
- Fujino, K., Yoshitake, T., Inoue, O., Ibi, N., Kehr, J., Ishida, J., ... Yamaguchi, M. (2002). Increased serotonin release in mice frontal cortex and hippocampus induced by acute physiological stressors. *Neurosci Lett* 320(1-2): 91-95.
- Gerson, B. (1992) Post-traumatic Stress Disorder: The History of a Recent Concept. *British Journal of Psychiatry*.161:742-748.
- Geyran, P.Ç. (2000). Psikolojik Travma ve Sonuçları: Tarihsel Arka Plan ve Güncel Kavramlar Üzerine Gözden Geçirme. *Psikiyatri Psikoloji Psikofarmakoloji Dergisi*. 8(1):9-12.
- Gilbertson, M.W., Shenton, M.E., Ciszewski, A., Kasai, K., Lasko, N.B., Orr, S.P., & Pittman, R.K. (2002). Smaller hippocampal volume predicts pathologic vulnerability to psychological trauma. *Nat Neurosci*. 5(11):1242-7.
- Gray, J.F. (1987). *The neuropsychology of anxiety*. New York: Oxford University Press.
- Green, C.R., Corsi-Travali, S., & Neumeister, A. (2013). The Role of BDNF-TrkB Signaling in the Pathogenesis of PTSD. *J Depress Anxiety*. 4:1-6.
- Greene, T. (2018). Do Acute Dissociation Reactions Predict Subsequent Posttraumatic Stress and Growth? A Prospective Experience Sampling Method Study. *Journal of Anxiety Disorders*. 57:1-6.
- Griffin, G.D., Charron, D., & Al-Daccak, R. (2014). Post-traumatic stress disorder: revisiting adrenergics, glucocorticoids, immune system effects and homeostasis. *Clin Transl Immunology*. 3(11): 10.1038/cti.2014.26.
- Hamer, M., Chida, Y., & Molloy, G.J. (2009). Psychological distress and cancer mortality. *J Psychosom Res*. 66(3): 255-258.

- Hébert, M., Langevin, R., & Oussaïd, E. (2018). Cumulative childhood trauma, emotion regulation, dissociation, and behavior problems in school-aged sexual abuse victims. *Journal of Affective Disorders*. 225:306-312.
- Herman, J.L. (2016). *Travma ve İyileşme*. İstanbul: Literatür Yayınları.
- Karamustafaloğlu, O. & Yumrukçal, H. (2011) Depresyon ve anksiyete bozuklukları. *Şişli Eftal Hastanesi Tıp Bülteni*. 45(2):66-74.
- Karl, A., Schaefer, M., Malta, L.S., Dörfel, D., Rohleder, N., & Werner, A. (2006). A meta-analysis of structural brain abnormalities in PTSD. *Neurosci and Biobehav Rev*. 30(7):100431.
- Kolb, L.C. (1984). The post-traumatic stress disorder of combat: a subgroup with a continued emotional response. *Mil Med*. 149:237-243.
- Kong, S.S., Kang, D.R., Oh, M.J., & Kim, N.H. (2018). Attachment Insecurity as a Mediator of the Relationship between Childhood Trauma and Adult Dissociation, *Journal of Trauma & Dissociation*. 19(2): 214-31.
- Kosten, T.R., Mason, J.W., Giller, E.L., Ostroff, R.B., & Harkness, L. (1987). Sustained urinary norepinephrine and epinephrine elevation in posttraumatic stress disorder. *Psychoneuroendocrinology*. 12:13-2
- Köroğlu, E. (Çev.). (2014). *DSM-V tanı ölçütleri başvuru kitabı*. Ankara: Hekimler Yayın Birlięi.
- Kratzer, L., Heinz, P., Pfitzer, F., Padberg, F., Jobst, A., & Schennach, R. (2018). Mindfulness and pathological dissociation fully mediate the association of childhood abuse and ptsd symptomatology. *European Journal of Trauma & Dissociation*. 2:5-10.
- Maes, M., Lin, A., Bonaccorso, S., Van Hunsel, F., Van Gastel, A., Delmeire, L., ... Scharpe, S. (1998). Increased 24-hour urinary cortisol excretion in patients with post-traumatic stress disorder and patients with major depression, but not in patients with fibromyalgia. *Acta Psychiatrica Scandinavica*. 98(4):328-35.
- Maier, S.F., Davies, S., Grau, J.W., Grau, J.W., Jackson, R.L., Morrison, D.H., Moye, T., ... Barchas, J.D. (1980). Opiate antagonists and long-term analgesic reaction induced by inescapable shock in rats. *J Comp Physiol Psychol* 94(6): 11721183.
- Merkelbach, H., Horselenberg, R., & Schmidt, H. (2002). Modeling the connection between self-reported trauma and dissociation in a student sample. *Personality and Individual Differences*. 32(4):695-705.
- Micale, M. (1989). *Hysteria and Its Historiography: A Review of Past and Present Writings*. *History of Science*. 1: 319-351.
- Mueller, S.C., Aouidad, A., Gorodetsky, E., Goldman, D., Pine, D.S., & Ernst, M. (2013). Gray matter volume in adolescent anxiety: an impact of the brain-derived neurotrophic factor Val(66)Met polymorphism? *J Am Acad Child Adolesc Psychiatry*. 52(2):184-95.
- Norman, M. (1989). *These Good Men: Friendships Forged From War*, New York: Crown Publishers.
- O'Brien TO (1990). *How to Tell a True War Story, The Things They Carried*. Boston.
- Oral G. (1999). *Adli Psikiyatri*. (Ed. Soysal, Z, Çakalır, C) *Adli Tıp Ders Kitabı*. Cilt 3. İstanbul: İstanbul Üniversitesi Cerrahpaşa Tıp Fakültesi Yayınları.
- Ozdemir, B., Garip, B., Oznur, T., Erdem, M. & Akarsu, S. (2013). Post-traumatic Stress Disorder and Comorbid Psychotic Disorder: Electroconvulsive Therapy Response in Two Patients. *Klinik Psikofarmakoloji Bülteni*. 23(4): 373-377.
- Özen, Y. (2017). Psikolojik Travmanın İnsanlık Kadar Eski Tarihi. *The Journal of Social Science*. 1 (2):104-117.
- Petty, F., Kramer, G.L., Wu, J., & Davis, L.L. (1997). Posttraumatic stress and depression. A neurochemical anatomy of the learned helplessness animal model. *Ann N Y Acad Sci*. 821: 529-532.
- Pittman, R.K., Rasmusson, A.M., Koenen, K.C., Shin, L.M., Orr, SP, Gilbertson, M.W., Milad, M.R., ... Liberzon, I. (2012). Biological studies of post-traumatic stress disorder. *Nat Rev Neurosci*. 13(11):769-87.
- Rougemont-Bücking, A., Linnman, C., Zeffiro, T.A., Zeidan, M.A., Lebron-Milad, K., Rodriguez-Romaguera, J., ... Milad, M.R. (2011). Altered processing of contextual information during fear extinction in PTSD: an fMRI study. *CNS Neurosci Ther*. 17(4):227-36.

- Sapolsky, R.M., Uno, H., Rebert, C.S., & Finch, C.E. (1990). Hippocampal damage associated with prolonged glucocorticoid exposure in primates. *J Neurosci.* 10:2897-2902.
- Schuff, N., Neylan, T.C., Lenoci, M.A., Du, A.T., Weiss, D.S., Marmar, C.R., & Weiner, M.W. (2001). Decreased hippocampal N-acetylaspartate in the absence of atrophy in posttraumatic stress disorder. *Biol Psychiatry.* 50(12):952-9.
- Shapiro, S. (2016). EMDR: Göz hareketleri ile duyarsızlaştırma ve yeniden işleme temel prensipler, protokoller ve prosedürler. (M. Şahzade, ve I. Sansoy, çev.) İstanbul: Okyanus Yayınları.
- Sherin, J.E., & Nemeroff, C.B. (2011) Post-traumatic stress disorder: the neurobiological impact of psychological trauma. *Dialogues Clin Neurosci.* 13(3):263-78.
- Southwick, S.M., Krystal, J.H., & Morgan, A. (1991) Yohimbine and mchlorophenyl-piperazine in PTSD (New Research Abstract 348). Proceedings of the 144th annual meeting of the American Psychiatric Association, New Orleans, LA, May 1991.
- Southwick, S.M., Yehuda, R., & Giller, E.L. (1995). Psychological dimensions of depression in borderline personality disorder. *Am J Psychiatry.* 152(5): 789-791.
- Southwick, S. M., Morgan, C. A., Darnell, A., Bremner, D. J., Nicolaou, A., Nagy, L. M., & Charney, D. S. (1995). Trauma-related symptoms in veterans of Operation Desert Storm: A 2-year follow-up. *American Journal of Psychiatry,* 152(8), 1150-1155.
- Southwick, S.M., Krystal, J.H., Bremner, J.D., Morgan, C.A., Nicolaou, A.L., Nagy, L.M., ... Charney, D.S. (1997). Noradrenergic and serotonergic function in posttraumatic stress disorder. *Arch Gen Psychiatry.* 54(8): 749-758.
- Stuckey, J., Mana, S., & Minor, T. (1989). Changes in opiate receptors following inescapable shock. *Brain Res.* 476:167-169.
- Tanaka, M., Kohno, Y., Tsuda, A., Nakagawa, R., Ida, Y., Limori, K., ... Nagasaki, N. (1983). Differential effects of morphine on noradrenaline release in brain regions of stressed and non-stressed rats. *Brain Res* 275:105-115
- Terman, G.W., Shavit, Y., Lewis, J.W., Cannon, J.T., & Liebeskind, J.C. (1984). Intrinsic mechanisms of pain inhibition: activation by stress. *Science.* 226(4680): 1270-1277.
- Thompson Ray, M., Weickert, C.S., Wyatt, E., & Webster, M.J. (2011). Decreased BDNF, trkB-TK+ and GAD67 mRNA expression in the hippocampus of individuals with schizophrenia and mood disorders. *J Psychiatry Neurosci.* 2011;36(3):195-203.
- Tsai, J., Armour, C., Southwick, S.M., & Pietrzak, R.H. (2015). Dissociative Subtype of DSM-5 Posttraumatic Stress Disorder in U.S. Veterans. *Journal of Psychiatric Research.* 66(67):67-74.
- Van der Kolk, B.A., Greenberg, M.S., Orr, S.P., & Pittman, R.K. (1989). Endogenous opioids, stress induced analgesia, and posttraumatic stress disorder. *Psychopharmacol Bull.* 25(3): 417-421.
- Van der Kolk, B.A. (1997). The psychobiology of posttraumatic stress disorder. *J Clin Psychiatry.* 58 (9): 16-24.
- Veith, I. (1977). *Four Thousand Years of Hysteria.* New York: Jason Aronson.
- Vythilingam, M., Gill, J.M., Luckenbaugh, D.A., Gold, P.W., Collin, C., Bonne, O., ... Charney, D. (2010) Low early morning plasma cortisol in posttraumatic stress disorder is associated with co-morbid depression but not with enhanced glucocorticoid feedback inhibition. *Psychoneuroendocrinology.* 35(3):442-50.
- Watanabe, Y., Gould, E., Cameron, H.A., Daniels, D.C., & McEwen, B.S. (1992). Phenytoin prevents stress- and corticosterone-induced atrophy of CA3 pyramidal neurons. *Hippocampus.* 2(4): 431-435.
- Weston, C.S. (2014). Posttraumatic stress disorder; a theoretical model of the hyperarousal subtype. *Front Psychiatry.* 5:37.
- Woodward, S.H., Kaloupek, D.G., Streeter, C.C., Martinez, C., Schaer, M., & Eliez, S. (2006). Decreased anterior cingulate volume in combat-related PTSD. *Biol Psychiatry.* 59(7):582-7
- Yamato, T., Yamasaki, S., Misumi, Y., Kino, M., Obata, T., & Aomine, M. (2002). Modulation of the stress response by coffee: an in vivo microdialysis study of hippocampal serotonin and dopamine levels in rat. *Neurosci Lett.* 332(2): 87-90.

## *Psikoloji Arařtırmaları*

- Yehuda, R., Lowry, M.T., Southwick, S.M., Mason, J.W., & Giller, E.L. (1991). Increased number of glucocorticoid receptors in posttraumatic stress disorder. *Am J Psychiatry*. 148:499-504.
- Yorbık, Ö., Dikkatli, S., Cansever, A. & Söhmen, T. (2001) Çocuklarda ve Ergenlerde Travma Sonrası Stres Bozukluğu Belirtilerinin Tedavisinde Fluoksetinin Etkinliđi. *Klinik Psikofarmakoloji Bülteni*. 11: 251-256.