

**MOOC 1****Learning Unit 1****Survivors Talk About Trauma**

If someone shares their problem or their harm, they structure their inner experience and thus can better cope with their feelings. This regularity has long been used in various forms of helping the injured. It also applies to self-help groups. Listening to other people's stories also helps a person to identify with their suffering and recognize their own problems.

The following videos present three different trauma survivors telling their stories. They come from public resources of The International Society for Traumatic Stress Studies.

Each story has a different focus. One trauma story highlights how a traumatic event may be experienced, the other highlights the after-effects of trauma, with an emphasis on PTSD symptoms. The last video presents one survivor's experience of getting treatment for PTSD.

The purpose of these videos is to offer a personalized glimpse into the nature of trauma, how it affects us as individuals and how treatment can reduce these effects.

<https://istss.org/public-resources/survivors-talk-about-trauma>

