

MOOC 1 – Unit 3

Stress responses: biopsychosocial perspective

*Facing the trauma... even without
obvious damage, the body is hit*

Developed by University of Presov,
Slovakia



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Learning unit outcome

In this learning unit you will learn information about three different phases related to stress:

- a) Pre-acute phase,
- b) Acute phase,
- c) Follow-up phase.

We will stress out the different roles of the nervous system in these three phases in the context of **different reactions**, their **assessment**, and **intervention (prevention)** that are useful and helpful in these phases.

Finally, **neuropsychologically-based early psychological intervention** will be presented.

INTRODUCTION

Stress Responses: Biopsychosocial Perspective

Day-to-day, people are challenged by common stressful situations.

Daily stressors:

Job, family, school, people, relationships,
traffic, health issues...



Processing and managing a stressful situation requires a comprehensive **integration of the brain and body**.

Stress is the natural adaptive reaction of organism on external or internal load (stressor).

The reaction of organism to all kinds of stressors is proceeded by the **nervous system**.

INTRODUCTION

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...but sometimes the stressor (trauma) is huge and is challenging for **cop**ing mechanisms and **integration** abilities for most people.

Trauma is a serious life event, which by its nature negatively affects the person's overall mental and physical condition (Sweeney et al., 2016). Severe, frightening, uncontrollable, or unpredictable life events are perceived as trauma (APA, 2013).



Integration of the brain and body can be disrupted and organism (nervous system) can be overwhelmed.

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A **Person** is a part of the hierarchy consists of the many systems with different organization and complexity.

Every system is connected with other systems and has a **major impact on the nearest system**.

E.g., when a person is hit by a **stressful (traumatic) event**, it will have the biggest and most immediate impact on the **nervous system** and on the **interaction with another person**.

Intervention through **interaction with other person** and focused on **nervous system** will have the biggest impact on a **person**.

