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## Recommended Resources: Secondary PTS or Generational PTS

Definition:	Secondary Post-Traumatic Stress (PTS) refers to the mirroring of PTSD symptoms with prolonged exposure or living with someone with PTSD and the resulting symptoms. Generational PTS is a term used when children also exhibit symptoms. Secondary PTS is evident in first responders, veterans, and though not yet recognized in the DSM-5 as a disorder, occurs 50% in spouses and 40% in children (NAMI 2015).
Clinicians/CGs	<a href="https://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf?sfvrsn=2">https://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf?sfvrsn=2</a> Clinicians who work with families may show increased tension and preoccupation with the stories and you may hear “vicarious trauma” or VT. If it happens to them, it can happen to you.
Caregiver PTS	<a href="http://www.familyofavet.com/secondary_ptsd.html">http://www.familyofavet.com/secondary_ptsd.html</a> Brannan Vines <a href="http://www.examiner.com/article/secondary-post-traumatic-stress-disorder-ptsd">http://www.examiner.com/article/secondary-post-traumatic-stress-disorder-ptsd</a> Treatment options
Partner PTS	<a href="http://abcnews.go.com/blogs/health/2014/03/31/we-have-ptsd-wife-of-veteran-shares-experiences/">http://abcnews.go.com/blogs/health/2014/03/31/we-have-ptsd-wife-of-veteran-shares-experiences/</a> <a href="http://www.legion.org/magazine/158420/war-within-part-i-families-afflicted">http://www.legion.org/magazine/158420/war-within-part-i-families-afflicted</a> <a href="http://www.vietnow.com/ptsd-walking-on-eggshells/">http://www.vietnow.com/ptsd-walking-on-eggshells/</a> <a href="http://america.aljazeera.com/articles/2013/11/13/the-military-s-hiddenhealthcrisis.html">http://america.aljazeera.com/articles/2013/11/13/the-military-s-hiddenhealthcrisis.html</a>
Child and Family PTS	<a href="http://www.nctsn.org/resources/topics/secondary-traumatic-stress">http://www.nctsn.org/resources/topics/secondary-traumatic-stress</a> <a href="http://www.military.com/benefits/veterans-health-care/ptsd-can-affect-whole-family.html">http://www.military.com/benefits/veterans-health-care/ptsd-can-affect-whole-family.html</a>
Podcast	PTSD: A FAMILY AFFAIR, <a href="http://bit.ly/FamPTSD">http://bit.ly/FamPTSD</a> Dr. Ingrid Yee (NAMI National) & Judy Davis, author and military spouse)



## Video Resource List

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