

# RESILIENCY AND VULNERABILITY TO TRAUMATIC STRESS

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# Most Common Psychopathology After Trauma

- Traumatic Depression = major depression and variants (atypical, bipolar, comorbid)
- Traumatic Anxiety Disorders: Panic disorder, phobias, GAD
- +/- ETOH Abuse
- PTSD

# The Human Reaction After Traumatic Stress

A. Resilience

B. Vulnerability

1. Are not mutually exclusive
2. Are not synonymous with “strengths” versus “weakness”
3. Change over the life span of an individual
4. May be measured by physiological markers (Porges, 1992)

# Vulnerability

## (risk factors)

- Development of PTSD after trauma (10 – 30%) may be a marker for vulnerability
- Classification:
  - A. Prenatal factors (stress exposure during pregnancy) (Davis, Glynn, Snidman, Wadhwa, Schetter, & Sandman, 2004)
  - B. Postnatal factors (mother's depressive cognition, traumatic cognitive bias, cumulative exposure to trauma)
  - C. Genetic factors (Caspi, 2005; Hariri, 2005)

# Resiliency

- Einstein's relativity formula  $E=MC^2$  refers to subatomic particles = matter/energy equivalents
- Neils Bohr = exchange of energy between life forms at subatomic level = quanta = Small elements of energy, can behave both as particles and as waves
- Richardson (2002) quanta is energy required for resilient reintegration. Resiliency = part of a ubiquitous driving force that controls the universe.

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