



WELCOME TO OUR Monthly Newsletter

When Stress Becomes Trauma: Detecting PTSD in Autism

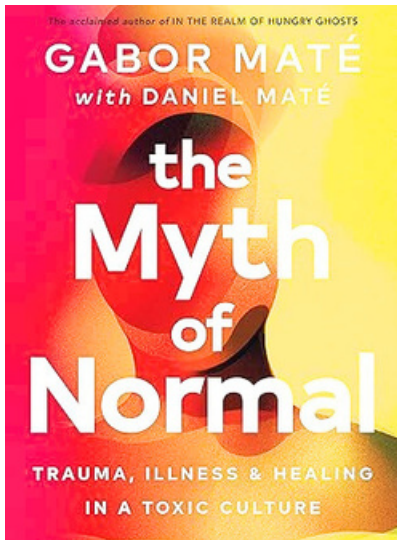
Emerging research highlights the critical need for general practitioners to be vigilant in recognizing trauma and PTSD symptoms in autistic individuals. Recent studies show that autistic adults are at significantly higher risk of developing PTSD, with over **40% meeting probable PTSD criteria** after experiencing both DSM-5 and non-DSM-5 life events. Importantly, many traumas—such as bullying or sensory overload—may not meet traditional diagnostic criteria but still trigger severe PTSD in this population.

A systematic review also highlights that co-occurring anxiety disorders affect up to **50% of adults with autism, exacerbating PTSD symptoms**. Traditional diagnostic frameworks often overlook these nuances, leading to misdiagnosis or delays in treatment. Additionally, **95% of autistic individuals report trauma histories**, increasing their vulnerability to conditions like complex PTSD (CPTSD) and borderline personality disorder (BPD). Overlapping symptoms between these disorders complicate differential diagnosis, contributing to diagnostic overshadowing.

Timely recognition and specialized intervention can prevent long-term psychological distress. Together, we can ensure they receive the targeted mental health support they need.

In this newsletter you will find:

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Pitstop Presents, Pitstop Insights and more. Keep Reading!



The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture

by Gabor Maté and Daniel Maté (Author)

The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture by Dr. Gabor Maté explores how modern society's version of "normal" contributes to widespread health problems. Maté argues that many of the conditions we see today—such as anxiety, depression, autoimmune diseases, and chronic stress—are symptoms of unresolved trauma and the toxic demands of modern culture. Drawing on research from neuroscience, psychology, and immunology, he illustrates how early experiences of trauma, emotional neglect, and stress can lead to long-term dysregulation of the body's stress response, manifesting in both mental and physical illness.

Maté explains that trauma, especially in childhood, has a profound impact on our nervous system and overall health. He emphasizes the importance of attachment and emotional development, showing how disruptions in these areas can result in chronic activation of the stress response, which is linked to a wide range of health conditions. By understanding the deep connection between mind and body, Maté advocates for a new approach to healing—one that acknowledges the role of emotional pain and trauma in driving illness.

The book also critiques the current medical system for focusing on symptom management without addressing the root causes of illness. Maté calls for a more holistic approach to healthcare, one that takes into account not just the physical aspects of illness, but also emotional and psychological well-being. By addressing trauma and fostering deeper connections within communities, *The Myth of Normal* offers a roadmap for true healing, challenging both individuals and society to redefine what it means to be healthy in today's world.

Meet Our Team



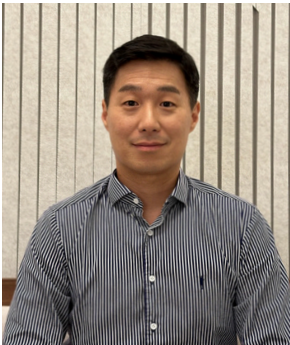
Dr Patrik Ho
Child, Adolescent and Adult
Psychiatrist

**Waiting Period: not
accepting referrals currently**



Dr Jack Hsu
Child and Adolescent
Psychiatrist

**Waiting Period: not
accepting referrals currently**



Dr Ji Won Seo
Child and Adolescent
Psychiatry Advanced Trainee

Waiting Period: 4 months



Dr Jordon Liu
Child and Adolescent
Psychiatry Advanced Trainee

**Accepting referrals
Commencing Feb 2024**



Alex Catt
Registered Psychologist

Waiting Period: 2 months



An Yang
Counsellor / Play Therapist

Good availability



Nicole Ho
Clinical Psychologist

Waiting Period: 2 months



Shawn Wang
Clinical and Organisational
Psychology Registrar

Waiting Period: 3 months

Referral Process

Medical Objects is our preferred referral method.

Alternatively, send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



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