

Variations of PTSD	
Diagnosis	Definition (DSM-5)
<b>PTSD</b>	Traumatic experience plus symptoms pertaining to: 1. Intrusive memories 2. Avoidance of reminders 3. Negative emotional reactions
<b>Complex PTSD (C-PTSD)</b>	Not defined in DSM-5. Refers to chronic traumatic experiences over time, which may lead to all the symptoms of conventional PTSD, as well as other symptoms.
<b>Acute stress disorder (ASD)</b>	Same as DSM-5 PTSD, but is diagnosed only in the first month following exposure to trauma. If symptoms persist past 30 days, it's diagnosed as PTSD.

From the Article:  
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by **Robert Berlin, MD**  
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