

Hellooooo Listeners! ;)

Thank you so much for subscribing to The Telepsychiatrist Newsletter. I hope you'll find some of this background information interesting.

Episode 4 will be airing today, April 16th at approximately...now! In this episode, I interviewed a patient of mine, Karen. We were in treatment originally because she was having difficulty coping with her husband's recent diagnosis of dementia. However, Karen wound up getting into a serious motor vehicle accident. We discuss this accident and Acute Stress Disorder, which is closely related to Post Traumatic Stress Disorder (PTSD.). Karen takes us through the accident, the aftermath, and how she went from feeling heroic, to suicidal. She is the true definition of resilience, and her advice is invaluable.

I remember, thanks to telemedicine, being able to connect with Karen through zoom while she was hospitalized from her accident. She was so distraught and my heart just broke for her. I am so thankful for the amazing care that she received every step of the way- a true success story!

Remember, you can hear ALL of the episodes by subscribing through google, apple, spotify, or any other podcast platform.

Here is a direct link to the episode, if you prefer, you can click [here](#)

I hope this helps you, or someone you know. Please feel free to share.

Best,

Jodi Midiri, MD