

PTSD AWARENESS • JUNE 2020

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PTSD Awareness Day

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PTSD AWARENESS DAY

VA has a number of identified Evidence-based psychotherapy treatments for PTSD.

This page has links to individual fact sheets on PE, CPT, EMDR, PCT, and soon WET:

[https://www.ptsd.va.gov/professional/treat/txessentials/index.
asp](https://www.ptsd.va.gov/professional/treat/txessentials/index.asp)

PTSD Awareness Day

VA PTSD: National Center: www.ptsd.va.gov

Veteran's Crisis Line: 1-800-273-8255 then Press 1 or
text: 838255

PTSD Coach

PTSD Family Coach

PTSD Awareness Day

PTSD Coach App PTSD Family Coach App



TREATMENTS THAT WORK
EVIDENCED-BASED PSYCHOTHERAPY

PTSD Coach App

- ▶ The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma. Features include:
- ▶ Reliable information on PTSD and treatments that work
- ▶ Tools for screening and tracking your symptoms
- ▶ Convenient, easy-to-use tools to help you handle stress symptoms
- ▶ Direct links to support and help
- ▶ Always with you when you need it

PTSD Family Coach

PTSD Family Coach

Living with a family member who has PTSD can be stressful. PTSD Family Coach is an app similar to PTSD Coach. PTSD Family Coach provides support for concerned family members of those with PTSD. The app can help you learn about PTSD, how to take care of yourself, and how to manage your relationship with your loved one or children. PTSD Family Coach also has information on how to help your loved one get the treatment they deserve.

PTSD Family Coach

- ▶ Features include:
- ▶ Information about PTSD and how it affects those who care about someone with PTSD.
- ▶ Tips to help families better support a loved one with PTSD, and themselves. The app includes information on how to find counseling.
- ▶ Facts about counseling for individuals or couples managing PTSD in a relationship.
- ▶ Tools to help family members manage stress.
- ▶ Self-created support network of people to connect with when in need.

It's time to get your life back!

What is Prolonged Exposure Therapy?

Prolonged Exposure (PE) therapy is a type of cognitive-behavioral treatment that focuses on decreasing symptoms of posttraumatic stress disorder (PTSD). It is an individual therapy that addresses the common causes and symptoms of PTSD in four ways. These are education about treatment and common reactions to trauma, breathing retraining, in vivo exposure, and imaginal exposure.



How does PE work?



PE addresses symptoms by decreasing avoidance, one of the underlying causes of PTSD. The therapy allows you to work through painful memories in a safe and supportive environment. It also allows you to engage with activities you have been avoiding because of the trauma.

In PE, the process of addressing the trauma memory is called "imaginal" exposure. The therapist works with you to change thoughts and feelings surrounding your trauma.

The process of engaging with real life situations is called "in vivo" ("in real life") exposure. This is where you and your therapist work together to identify activities that you have been avoiding due to the trauma. The goal of in vivo and imaginal exposure is to help you return to activities that you used to enjoy. This process helps to improve quality of life.

Will PE work for me?

Individuals with many different types of trauma have experienced positive results with PE. This includes traumas related to combat, sexual assault, childhood abuse, natural disasters, and accidents.



PE is most effective when you are committed and motivated to engage with all aspects of the treatment. This commitment involves attending all sessions and completing "homework assignments" between sessions.

How long does it take?

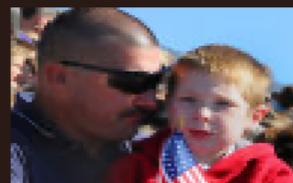
PE typically lasts 8-15 sessions. The exact length of time is determined with your therapist. Each session is approximately 90 minutes in length. You and your therapist may meet once or twice per week.

What happens during treatment?



Throughout treatment, you will learn about PTSD: its causes, symptoms, and the reasons you are continuing to have symptoms. During the second and third sessions, you will start the in vivo and imaginal exercises. These steps will begin a process of recovery and improving the quality of your life.

How do I find out more?



PE is only one of many treatments available for PTSD. Talk to your therapist to see if PE is right for you. You can also look on-line at the National Center for PTSD's website at <http://www.ptsd.va.gov>

What is Cognitive Processing Therapy?

- A treatment for PTSD and related conditions
- Short-term therapy in an individual (50 minutes) or group (typically 90 minutes) setting occurring weekly or twice weekly.

Cognitive Processing Therapy (CPT) looks at the impact a traumatic event has had on one's life and helps examine and change unhelpful thoughts and feelings related to the event, one's self, others, and the world. An important part of treatment is addressing ways of thinking that might keep an individual "stuck" and get in the way of recovery from symptoms of PTSD and other problems.

CPT is effective in treating PTSD across a variety of populations and types of trauma. CPT has worked well for individuals who have experienced combat, sexual, or childhood trauma, as well as other types of traumatic events.



Reflect. Redefine. Recover.

COGNITIVE PROCESSING THERAPY

CPT

For more information about whether CPT is right for you, please talk to your therapist.

National Center for PTSD
www.ptsd.va.gov



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Cognitive
Processing Therapy

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