

PTSD

Treatment Decision Aid

Date: _____

Visit the PTSD Treatment Decision Aid, a free online tool that can help you compare the following PTSD treatments to find the one that's right for you:

☐ Talk therapies

☐ Cognitive Processing Therapy (CPT)

☐ Eye Movement Desensitization and Reprocessing (EMDR)

☐ Prolonged Exposure (PE)

☐ Present-Centered Therapy (PCT)

☐ Written Exposure Therapy (WET)

☐ Medications (SSRIs/SNRIs)

Recommendation:

VA



U.S. Department
of Veterans Affairs



Visit ptsd.va.gov/decisionaid for more information

