

## Trauma-focused Psychotherapy Works Best

Now more than ever, there are effective treatments for PTSD.



**Cognitive Processing Therapy (CPT)**

CPT teaches you how to change the upsetting thoughts and feelings you have had since your trauma.



**Prolonged Exposure (PE)**

PE teaches you to gradually approach trauma-related memories, feelings and situations that you have been avoiding since your trauma.



**Eye Movement Desensitization and Reprocessing (EMDR)**

EMDR helps you process and make sense of your trauma while paying attention to a back-and-forth movement or sound (like a finger waving side to side, a light, or a tone).

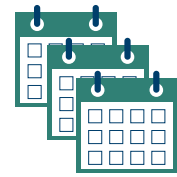
## Medication Can Help

If you prefer to take medication, you have four good options. *But remember: you will need to keep taking medication in order to keep feeling better.*



Sertraline  
Paroxetine  
Fluoxetine  
Venlafaxine

# THE BEST TREATMENT FOR PTSD: The evidence is in.



**Trauma-focused psychotherapy is the first-line treatment for PTSD.**

It lasts only about three months, and research shows that for most people its effects last long after treatment is over.



### Did You Know?



**53 OUT OF 100**

people who receive trauma-focused psychotherapy will no longer have PTSD after about 3 months of treatment.



**42 OUT OF 100**

people who take medication will no longer have PTSD after about 3 months of treatment.



**BUT ONLY 9 OUT OF 100**

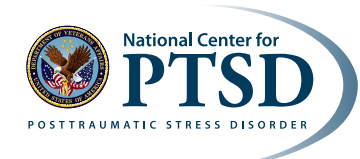
people who don't get treatment will no longer have PTSD after about 3 months.



**PTSD Treatment Decision Aid**  
[www.ptsd.va.gov/apps/decisionaid](http://www.ptsd.va.gov/apps/decisionaid)



**AboutFace:** Veterans talk about PTSD and PTSD treatment  
[www.ptsd.va.gov/apps/aboutface/](http://www.ptsd.va.gov/apps/aboutface/)



**National Center for PTSD**  
[www.ptsd.va.gov](http://www.ptsd.va.gov)