

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?



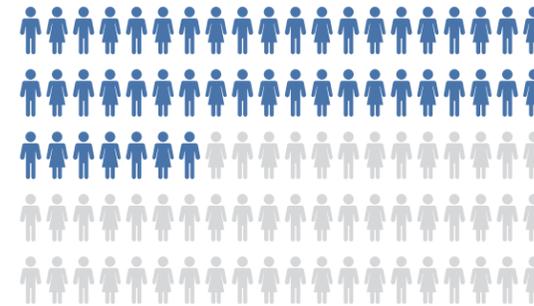
54 OUT OF 100

people who receive trauma-focused psychotherapy will no longer meet the diagnostic criteria for PTSD after about 3 months of treatment.



47 OUT OF 100

people who take medication will no longer meet the diagnostic criteria for PTSD after about 3 months of treatment.



BUT ONLY 12 OUT OF 100

people who don't get treatment will no longer meet the diagnostic criteria for PTSD after about 3 months.



ESTIMATES ARE BASED UPON ASSUMED 50% MILITARY AFFILIATION OF SAMPLE.

Hamblen et al. (2021). <https://doi.org/10.1002/jts.22808>



PTSD Treatment Decision Aid
www.ptsd.va.gov/apps/decisionaid



AboutFace: Veterans talk about PTSD and PTSD treatment
www.ptsd.va.gov/apps/aboutface/



National Center for PTSD
www.ptsd.va.gov