HOW TO CHOOSE THE RIGHT PTSD TREATMENT FOR YOU

LEARN ABOUT PTSD TREATMENT

- **TRAUMA-FOCUSED THERAPIES** are the most effective PTSD treatment. They focus specifically on the memory of the traumatic event or its meaning.

- **ANTIDEPRESSANT MEDICATIONS** can also be used to treat PTSD. Though they may not cure the problem, they can reduce the symptoms.

Learn more about these and other treatments: https://www.ptsd.va.gov/understand_treatment/tx_basics.asp

COMPARE TREATMENT OPTIONS

Think about your preferences when comparing treatment options. Consider:

- Is it effective?
- How long does treatment last?
- What are the risks?
- Group or individual?
- Will I talk about my trauma?
- Will I have homework?

Create a personalized treatment chart to compare your options: https://www.ptsd.va.gov/decisionaid

TAKE ACTION TO START TREATMENT

Talk with your provider about your treatment preferences. Ask questions. For example:

- Do you think the treatment is a good fit for me?
- What can I expect during therapy?
- How soon will I start to feel better?
- When can I start?

Print your customized summary from the PTSD Treatment Decision Aid and share it with your provider: https://www.ptsd.va.gov/decisionaid

TREATMENT COMPARISON CHART

<table>
<thead>
<tr>
<th>PSYCHOTHERAPY</th>
<th>MEDICATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognitive Processing Therapy</td>
<td>Antidepressant Medications</td>
</tr>
<tr>
<td>Eye Movement Desensitization &amp; Reprocessing</td>
<td>• SSRIs (Prozac, Paxil &amp; Zoloft)</td>
</tr>
<tr>
<td>Prolonged Exposure</td>
<td>• SNRIs (Effexor, Nefazodone)</td>
</tr>
</tbody>
</table>

Teaches you to release negative thoughts about the trauma Helps you process and make sense of your trauma Teaches you how to gain control over your fears Restores the balance of naturally occurring chemicals in your brain