

FAQs

DO I NEED TO BE IN TREATMENT TO PARTICIPATE IN WET ?

Yes, WET is a treatment delivered by a trained provider.

DOES IT WORK FOR VETERANS AND SERVICE MEMBERS?

Yes, WET has been recommended in the VA/DoD Clinical Practice Guideline as one of the primary treatments for PTSD because of its effectiveness.

WHAT IF I HAVE MULTIPLE TRAUMAS?

WET is effective for people who have experienced multiple traumas. You will work with your therapist to identify one trauma to start writing about in sessions.

DO I HAVE TO COMPLETE HOMEWORK?

WET does not have specific homework (e.g., writing or exercises), but you are encouraged to think about your experiences between sessions.



Additional Resources

To learn more about PTSD and evidence-based treatments, visit the National Center for PTSD website:

<http://www.ptsd.va.gov>

For more information about whether WET is right for you, please talk to your health care provider.



DEPARTMENT OF VETERANS AFFAIRS

National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

WET WRITTEN
EXPOSURE
THERAPY

An evidence-based therapy for PTSD

