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

What is Written Exposure Therapy?

Written Exposure Therapy (WET) is a type of cognitive behavioral treatment that focuses on decreasing symptoms of posttraumatic stress disorder (PTSD).

It is a short-term, individual therapy that addresses trauma memories in a safe and supportive environment.

Is it evidence-based?

WET has been studied for over 15 years. It has been found effective for people from many backgrounds including Veterans.

What happens during treatment?

Treatment is set up with specific goals for each session to help reduce your PTSD symptoms.

Sessions include :

- Education from your therapist about PTSD
- Writing about your trauma in session
- Writing about the impact of your trauma on your life
- Briefly reviewing the experience of writing your trauma with your therapist

How long will I be in treatment?

WET typically includes 5 sessions of 50-60 minutes each. You work one-on-one with a provider, usually once per week. You can meet in-person or over telemental health (video) with your provider.

Who can benefit from WET?

Individuals diagnosed with PTSD who are committed to engaging in a treatment to reduce their symptoms.

WET is effective for many types of trauma including combat, sexual or childhood trauma, as well as other types of traumatic events.