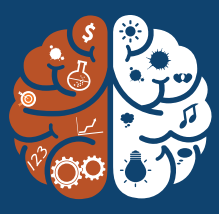
PTSD TREATMENT WORKS

There are more options than ever for successful PTSD treatment

What are my treatment options?

TALK THERAPY OPTIONS

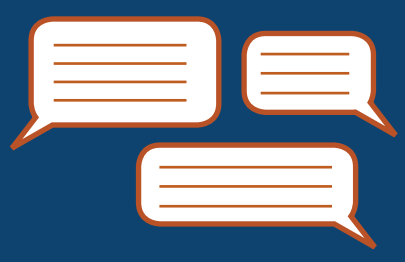
DURATION: Usually 8-15 sessions with long-lasting effects



Cognitive Processing Therapy

HOW IT WORKS

You learn balanced ways to think about your trauma.



Prolonged Exposure

HOW IT WORKS

You talk about your trauma and approach the situations you've been avoiding.

Eye Movement Desensitization and Reprocessing

HOW IT WORKS

You focus on hand movements while thinking about your trauma and change your reactions to it.

MEDICATION OPTIONS

DURATION: Continuous

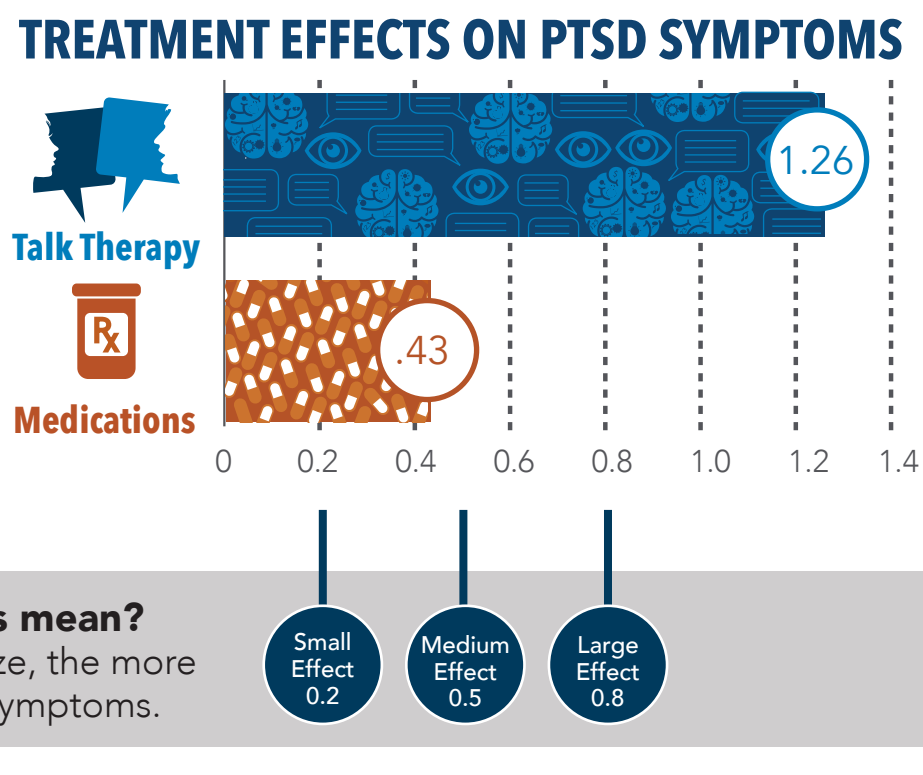
Antidepressant Medications

HOW IT WORKS

Treats sadness, anger, and numbs feelings that contribute to your PTSD symptoms.

How effective are these treatments?

Both talk therapies and medications can help to treat your symptoms. Your customized treatment plan may include one or more of these options.



What do the numbers mean?
The greater the effect size, the more noticeable a change in symptoms.

Next steps?

- Compare effective treatment options and create a personalized summary using the **PTSD Treatment Decision Aid**
- Hear Veterans share their experiences with PTSD and PTSD treatment at **AboutFace**
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: **www.ptsd.va.gov**

SOURCE Watts, B. V., Schnurr, P. P., Mayo, L., Young-Zu, Y., Weeks, B. B., & Friedman, M. J. (2013). Meta-analysis of the efficacy of treatments for posttraumatic stress disorder. The Journal of Clinical Psychiatry, 74(6), pp. e541-50.

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POSTTRAUMATIC STRESS DISORDER