PTSD TREATMENT WORKS

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.

**TREATMENT EFFECTS ON PTSD SYMPTOMS**

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

Small Effect 0.2
Medium Effect 0.5
Large Effect 0.8

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](http://www.ptsd.va.gov)