

# Treating Veterans With PTSD?

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## We've Been There. Let Us Help.

[AboutFace](#) is an educational website created by the VA's [National Center for Posttraumatic Stress Disorder](#). The site explains PTSD in easy-to-read language and features stories from real Veterans, family members, and VA treatment providers.

The Veterans featured on AboutFace, who span more than six decades of military experience, give valuable advice and talk about their PTSD symptoms and treatment. Partners, children and friends talk about what it's like to live with someone with PTSD. Treatment providers (including social workers, psychologists and psychiatrists) explain what PTSD is, answer questions they've often been asked, and describe the treatments that get the best results.

AboutFace encourages Veterans to seek treatment — and it's a useful tool for clinicians, too. Use this guide to find ways you can use AboutFace in your own practice.



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I recommend using AboutFace for Vets who are beginning treatment. I also talk about it as a great option for their family...to hear about recovery stories and how PTSD impacts family...and ways family can be supportive during treatment and beyond."

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— **Elissa McCarthy, PhD**  
Clinical Psychologist, VA

# Ways To Use Aboutface With Your Patients

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AboutFace offers a few different ways for Veterans to learn about PTSD. Veterans can choose to go through a guided learning experience, focus on topics that are most relevant to their experience, or explore hundreds of videos.

Here are a few ways you can use AboutFace with patients:

- Use the “What Is PTSD?” page to teach patients about common PTSD symptoms and how PTSD may affect Veterans’ lives.
- Encourage patients to review all the pages in the “Learn about PTSD & treatment” section. Together, the pages in this section provide a basic introduction to PTSD, how PTSD affects Veterans’ lives, and how treatment can help.
- Share the “Watch videos” page, where patients can explore personal stories from Veterans with PTSD, family members and clinicians.
- Take the mystery out of evidence-based treatment by using the “PTSD therapies” multimedia articles. Each article describes a Veteran’s experience with EMDR, PE or CPT.
- Help family members or caregivers recognize that they are not alone. Hear stories of what it’s like to live with someone with PTSD and how treatment has changed things.



We use AboutFace videos in our PTSD Orientation and in our intro to PTSD class. I have also used AboutFace videos in individual sessions. It helps the Veterans realize that they are not alone, and helps me explain how much treatment can help. It gives them HOPE.”

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— **Kyle Milk**  
Certified Peer Support  
Specialist, VA

# Navigating Aboutface

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Go to [ptsd.va.gov/apps/aboutface](https://ptsd.va.gov/apps/aboutface) and look for these sections at the top of the page:

## Learn about PTSD & treatment

This section answers common questions that Veterans may ask, like:

- What is PTSD?
- How does PTSD affect the people I love?
- How can treatment help me?

For a guided learning experience, Veterans may choose to read the whole section in order. Others may prefer to explore the pages out of order or simply focus on pages that are relevant to their experience.

## Explore more PTSD topics

The pages in this section address more detailed topics like:

- PTSD therapies, including Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), and Eye Movement Desensitization and Reprocessing (EMDR)
- Military Sexual Trauma (MST)
- Race, culture, and PTSD



AboutFace is extremely helpful at the start of each training year. We have the new interns and postdocs watch the clinician videos to learn how to introduce evidence-based PTSD treatments and how to engage Veterans in the treatments. We also have them watch the Veteran videos to learn about PTSD.

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— **Sonya Norman, PhD**  
Clinical Psychologist and  
Director of the PTSD  
Consultation Program, VA

## Watch videos

On this page, you and your patients can explore videos about all the topics listed above. Check out the playlists about common PTSD topics (e.g., “negative thoughts,” “avoiding people, places, and relationships”). Or use the drop-down menus and search box to find videos relevant to your interests.



### TIP:

At the bottom of the screen, you'll find a “Resources for professionals” page with more helpful resources to use in your work with Veterans

## Share Aboutface

To share AboutFace videos, select “copy link” at the bottom of the video window. Then, simply paste the link anywhere you'd like to share the video.

Check out the [AboutFace media kit](#) for downloadable posters, PSAs, web badges, and more.



I recommend AboutFace to new referrals and existing patients, who are considering trauma-focused therapy, and their families. Neither I, nor any other practitioner, can explain PTSD, the available, evidence-based therapies, or sustainable benefits from these therapies, better than a real-life person who has survived trauma, suffered from PTSD, successfully completed treatment, and lived their recovery.”

— **Jacqueline Wright-Holland,**  
**LICSW**

Clinical Social Worker, Private Practice