

PTSD TREATMENT WORKS

You have more choices than ever for successful PTSD treatment

What are my treatment options?

TRAUMA-FOCUSED TALK THERAPY

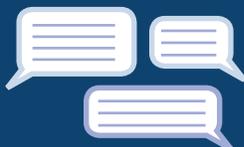
DURATION: Usually 8-15 sessions with long-lasting effects



Cognitive Processing Therapy (CPT)

HOW IT WORKS

You learn balanced ways to think about your trauma.



Prolonged Exposure (PE)

HOW IT WORKS

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



Eye Movement Desensitization and Reprocessing (EMDR)

HOW IT WORKS

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

MEDICATION

DURATION: Continuous



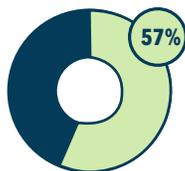
Antidepressant Medications

HOW IT WORKS

Changes the level of naturally occurring chemicals in your brain that affect how you feel.

How well do these treatments work?

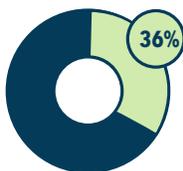
✓ Trauma-focused talk therapy



57 out of 100

people who receive this treatment will have meaningful symptom improvement after about 3 months of treatment.

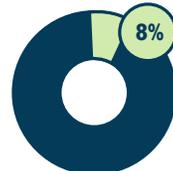
✓ Medication



36 out of 100

people who take medication will have meaningful symptom improvement after about 3 months of treatment.

✗ No treatment



Only 8 out of 100

people who don't get treatment will have meaningful symptom improvement.

Which treatment is right for me?

Choosing the right treatment plan for your unique needs and medical situation should be done in partnership with your health care provider. Together, you can discuss the benefits, risks, and side effects, as well as your personal preferences to determine the option that's best for you.

Next steps?

- Create a personalized summary of your preferences: ptsd.va.gov/decisionaid
- Hear Veterans share their experiences with PTSD: ptsd.va.gov/aboutface
- Explore resources, videos, and tools to help manage PTSD: ptsd.va.gov

SOURCE: Hamblen, J.H., Grubbs, K.M., Cole, B., Schnurr, P.P., & Harik, J.M. (2022). Will it work for me? Developing patient-friendly graphical displays of posttraumatic stress disorder treatment effectiveness. *Journal of Traumatic Stress, 1-12*, DOI: 10.1002/jts.22808 and PTSD Repository (unpublished data)

VA



U.S. Department of Veterans Affairs

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER