

TRAUMA AND PTSD: Provider and Caregiver Resources

Sample tools
for Providers



Clinician's Trauma Update-Online (CTU)
Updates on the latest clinically relevant research are sent to you by email. Content on treatment and assessment is emphasized.



PTSD Research Quarterly (RQ)
Each RQ contains a review article written by guest experts. Includes a selective bibliography with abstracts and a supplementary list of annotated citations.



Search for Publications
Search the free online database: PILOTS (Published International Literature on Traumatic Stress). Contains references from over 51,500 books, journals and articles on trauma and PTSD.

www.ptsd.va.gov

60% of adults experience at least one trauma in their lifetime.
www.ptsd.va.gov provides you with tools to help these people cope.

- FIND** → PTSD overview
- FIND** → How to treat PTSD
- FIND** → Courses for free CE/CME credit
- FIND** → Assessment information
- FIND** → Resources for community providers
(employers, clergy, law enforcement)
- FIND** → Where to refer to get help for PTSD
- FIND** → Manuals, videos, handouts for patients



(See reverse for more.)

Sample tools
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Continuing Education
Over forty online courses related to all aspects of war zone stress and PTSD. CE/CME credit available for most courses.

**VA/DoD Clinical Practice Guideline:
Management of Post-Traumatic Stress**
Topics include: triage and management of services; routine primary care screening of trauma and related symptoms; diagnosis of trauma syndromes and comorbidities; and evidence-based treatments.

Manuals



Psychological First Aid (PFA)
PFA is an evidence-informed modular approach for assisting people in the aftermath of disaster and terrorism.



The Iraq War Clinician Guide
The Guide was developed for clinicians addressing the unique needs of Veterans of the current wars.

Keep up on the latest information! Regularly check www.ptsd.va.gov



FOR YOUR PATIENTS

UNDERSTANDING PTSD

Have you, or someone you know:

- Been through combat?
- Lived through a disaster?
- Experienced any other kind of traumatic event?

If so, you might wonder:

What is PTSD? Meet people who have dealt with PTSD and find out how to get help by reviewing the Understanding PTSD module.



- WATCH (Flash) Help with Flash
- LISTEN (mp3) iTunes Transcript (PDF)
- READ (PDF)

UNDERSTANDING PTSD TREATMENT



Don't let PTSD get in the way of your life, hurt your relationships, or cause problems at work or school. PTSD treatment can help. Learn what treatment is like to help you make choices about what's best for you.

- WATCH (Flash) Help with Flash
- LISTEN (mp3) iTunes Transcript (PDF)
- READ (PDF) Also in: Spanish

RETURNING FROM THE WAR ZONE

A Guide for Families of Military Personnel

This guide can help family members with reintegration following war. Learn how other families and military members dealt with common challenges.



- WATCH (Flash) Help with Flash

PTSD COACH ONLINE

Self-help tools build coping skills.

Learn to manage troubling symptoms following trauma, such as:

- sleep
- trauma reminders
- anger

Our video coaches will guide you.



Also see the PTSD Coach Mobile App



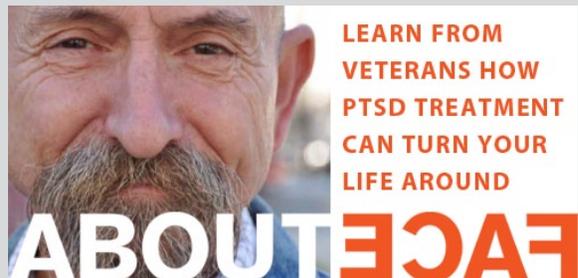
Choose from 17 tools to help you manage stress.

GET STARTED

PTSD-related Mobile Apps

Free for iOS and Android and available 24/7.

- Patients can learn skills to handle stress symptoms
- Treatment companion apps to help with therapy
- Direct links to support and help



LEARN FROM VETERANS HOW PTSD TREATMENT CAN TURN YOUR LIFE AROUND

ABOUT FACE

- An online video collection of Veterans talking about living with PTSD and how treatment turned their lives around.
- Use with your patients and families.

Materials and Subscriptions

- Brochures, handouts, materials to print
- Subscribe to the **PTSD Monthly Update**: www.ptsd.va.gov/about/subscribe.asp

Receive regular updates on new products and findings

Also find PTSD info on:



SPECIFICALLY FOR VA STAFF



www.ptsd.va.gov
VA PTSD intranet site (on the VA network)
Further resources and training for VA clinicians.

- Download assessment instruments when you need them.
- CAPS online training
- Communities of Practice to join (eg, PE, CPT, MST)



PTSD Consultation Program
FOR VA PROVIDERS

For VA providers: contact us with questions for help treating PTSD patients. Email PTSDconsult@va.gov.

VA PTSD Mentoring Program
Training and support in VA PTSD program development and management. Learn from others at VA how to improve PTSD treatment and clinical outcomes.