

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 45,000 books, journals and articles on trauma and PTSD.

www.ptsd.va.gov

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

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



(See reverse for more.)

Sample tools
for Providers



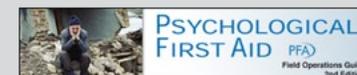
PTSD 101

Over twenty online courses related to all aspects of war zone stress and PTSD. CE 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.

Continuing Education: Earn CE/CMEs for this and other courses.

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



Guides for Patients and Families



Understanding PTSD

- An interactive module that includes videos of people who have dealt with PTSD.
- Full color 8-page booklet.



Understanding PTSD Treatment

- A complementary interactive module debunking common myths and containing videos of providers who treat PTSD.
- Full color booklet with narratives.



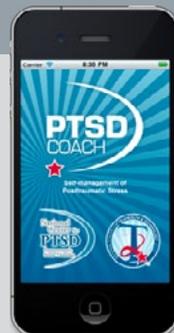
Returning from the War Zone Guides

- What to expect when a soldier returns from the war zone.
- Two full color PDF guides accompanied by an interactive module to help families.

MOBILE

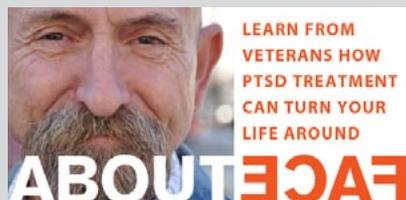
PTSD Coach mobile app

- Free for iPhone and Android
- Information on PTSD and treatments that work
- Tools for screening and tracking symptoms
- Skills to handle stress symptoms
- Direct links to support and help
- Available 24/7



More mobile apps coming soon!

ABOUTFACE



An online video gallery of Veterans talking about living with PTSD and how treatment turned their lives around.

www.ptsd.va.gov/apps/aboutface

STAY CONNECTED

Sign up: Receive regular updates on new products and findings.



SPECIFICALLY FOR VA STAFF



vawww.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)
- Direct links to TMS courses on trauma and PTSD

Also find:



VA PTSD Consultation Program

For VA providers: contact us for help treating PTSD patients.



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.