PTSD Treatment Works

There are more options than ever for successful PTSD treatment

What are my treatment options?

<table>
<thead>
<tr>
<th>MEDICATION OPTIONS</th>
<th>TALK THERAPY OPTIONS</th>
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<tbody>
<tr>
<td><strong>DURATION:</strong> Continuous</td>
<td><strong>DURATION:</strong> Usually 8-15 sessions with long-lasting effects</td>
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<tr>
<td>Antidepressant Medications</td>
<td>Cognitive Processing Therapy</td>
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<tr>
<td>HOW IT WORKS</td>
<td>HOW IT WORKS</td>
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<tr>
<td>Treats sadness, anger, and numb feelings that contribute to your PTSD symptoms.</td>
<td>You learn balanced ways to think about your trauma.</td>
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- **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.

How effective are these treatments?

Both medication and talk therapy can help to treat your symptoms. Your customized treatment plan may include one or more of these options.

![TREATMENT EFFECTS ON PTSD SYMPTOMS](chart)

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

Next steps? Talk to your health care provider.

- **Which treatments are right for me?**
- **How soon will I start to feel better?**
- **How long will I need treatment?**
- **When can I start?**

For more information about PTSD treatment options, visit [www.PTSD.va.gov](http://www.PTSD.va.gov)

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