HOW TO CHOOSE THE RIGHT PTSD TREATMENT FOR YOU

1 LEARN ABOUT PTSD TREATMENT

- **TRAUMA-FOCUSED THERAPIES** are the most effective PTSD treatment. They focus specifically on the memory of the traumatic event or its meaning.

- **ANTIDEPRESSANT MEDICATIONS** can also be used to treat PTSD. Though they may not cure the problem, they can reduce the symptoms.

✔ Learn more about these and other treatments:
https://www.ptsd.va.gov/understand_tx/tx_basics.asp

2 COMPARE TREATMENT OPTIONS

Think about your preferences when comparing treatment options. Consider:

- Is it effective?
- How long does treatment last?
- What are the risks?
- Group or individual?
- Will I talk about my trauma?
- Will I have homework?

✔ Create a personalized treatment chart to compare your options:
https://www.ptsd.va.gov/decisionaid

3 TAKE ACTION TO START TREATMENT

Talk with your provider about your treatment preferences. Ask questions. For example:

- Do you think the treatment is a good fit for me?
- What can I expect during therapy?
- How soon will I start to feel better?
- When can I start?

TREATMENT COMPARISON CHART

PSYCHOTHERAPY			MEDICATION
Cognitive Processing Therapy	Eye Movement Desensitization & Reprocessing	Prolonged Exposure	SSRI/SNRI
Psychotherapy (a type of trauma-focused CBT)	Psychotherapy	Psychotherapy (a type of trauma-focused CBT)	Antidepressant medications: • SSRI: Prozac, Paxil & Zoloft • SNRI: Effexor
Teaches you to reframe negative thoughts about the trauma	Helps you process and make sense of your trauma	Teaches you how to gain control by facing your fears	Restores the balance of naturally occurring chemicals in your brain

✔ Print your customized summary from the PTSD Treatment Decision Aid and share it with your provider:
https://www.ptsd.va.gov/decisionaid

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

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