HOW TO CHOOSE THE RIGHT PTSD TREATMENT FOR YOU

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

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

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?

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

**TREATMENT COMPARISON CHART**

<table>
<thead>
<tr>
<th>PSYCHOTHERAPY</th>
<th>MEDICATION</th>
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<tbody>
<tr>
<td>Cognitive Processing Therapy</td>
<td>Prolonged Exposure</td>
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</table>
| Eye Movement Desensitization & Reprocessing | Psychotherapy (a type of Trauma-Focused CBT) | Antidepressant medications:  
- SSRIs: Prozac, Paxil & Zoloft  
- SNRIs: Effexor |
| Psychotherapy (a type of Trauma-Focused CBT) | Teach you how to get control by during your flashbacks |
| Helps you process and make sense of your trauma |
| Teaches you to relieve negative thoughts about the trauma |

National Center for PTSD

U.S. Department of Veterans Affairs