

PTSD Treatment Works

There are more options than ever for successful PTSD treatment

What are my treatment options?

MEDICATION OPTIONS

DURATION: Continuous



Antidepressant Medications

HOW IT WORKS

Treats sadness, anger, and numb feelings that contribute to your PTSD symptoms.

TALK THERAPY OPTIONS

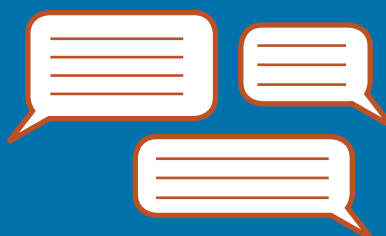
DURATION: Usually 8-15 sessions with long-lasting effects



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

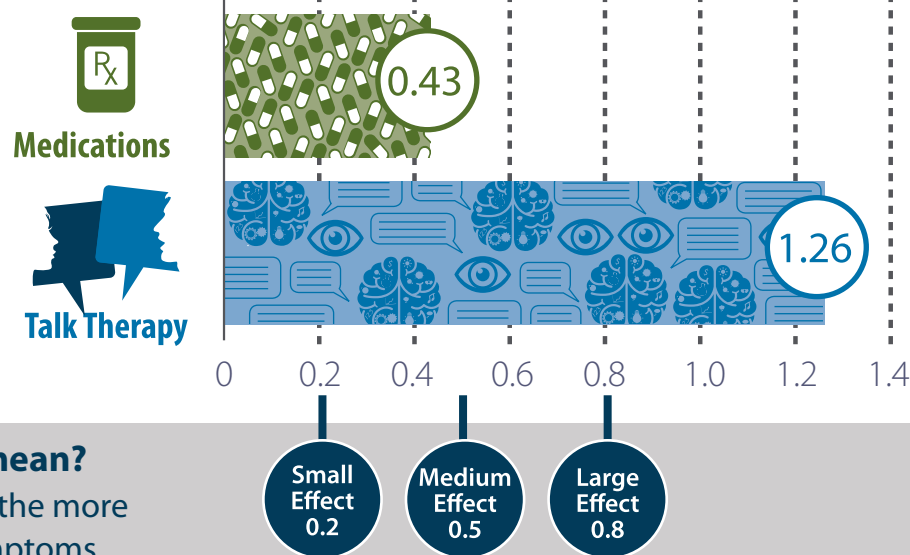
HOW IT WORKS

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



Next steps? Talk to your health care provider.



Which treatments are right for me?



How long will I need treatment?



How soon will I start to feel better?



When can I start?

For more information about PTSD treatment options, visit www.PTSD.va.gov

SOURCE Watts, B. V., Schnurr, P. P., Mayo, L., Young-Zu, Y., Weeks, B. B., & Friedman, M. J. (2013). Meta-analysis of the efficacy of treatments for posttraumatic stress disorder. *The Journal of Clinical Psychiatry*, 74(6), pp. e541-50.

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