

TREATMENT OF PTSD (Post traumatic stress disorder)

Post-traumatic stress disorder

treatment can help you regain a sense of control over your life. The primary treatment is psychotherapy, but can also include medication. Combining these treatments can help improve symptoms by:

- (A) Teaching you skills to address your symptoms
- (B) Helping you think better about yourself, others and the world
- (C) Learning ways to cope if any symptoms arise again
- (D) Treating other problems often related to traumatic experiences such as depression, anxiety, or misuse of alcohol or drugs.

PSYCHO THERAPY

Several types of psychotherapy, also called talk therapy, may be used to treat children & adults with PTSD. Some types of psychotherapy used in PTSD treatment may include:

28 SUNDAY

(1) COGNITIVE THERAPY

this type of talk therapy helps you recognize the ways of thinking (cognitive pattern) that are keeping you stuck - for example negative beliefs about yourself and the risk of traumatic things happening again. For

JANUARY

MON	1	8	15	22
TUE	2	9	16	23
WED	3	10	17	24
THU	4	11	18	25
FRI	5	12	19	26
SAT	6	13	20	27
SUN	7	14	21	28

JANUARY

2018

Wk 05 - 029-336

MONDAY

29

PTSD Cognitive therapy after is used along with exposure therapy.

② Exposure therapy

This behavioral therapy helps you safely face both situations and memories that you find frightening so that you can learn to cope with them effectively. Exposure therapy can be particularly helpful for flashbacks and nightmares. One approach uses virtual reality programs that allow you to re-enter the setting in which you experienced trauma.

③ Eye Movement desensitizations and Reprocessing (EMDR)

EMDR combine exposure therapy with a series of guided eye movements that help you process traumatic memories and change how you react to them.

Therapist can help you develop stress management skills to help you better handle stressful situations and cope with stress in your life. All these approaches can help you gain control of lasting fear after a traumatic event. You may try individual therapy, group therapy or both.

MEDICATIONS

Priorities

FEBRUARY 2018

MON	5	12	19	26
TUE	6	13	20	27
WED	7	14	21	28
THU	1	8	15	22
FRI	2	9	16	23
SAT	3	10	17	24
SUN	4	11	18	25

Several types of Medications can help to improve symptoms of PTSD are: Antidepressants; Anti-anxiety Medications; Prazosin