

POST-TRAUMATIC STRESS DISORDER: THERAPY AND TREATMENT



Post-Traumatic Stress Disorder is a type of mental health condition that is seen in people who have endured or witnessed any kind of trauma – personal, environmental, professional. Sometimes, it takes years for symptoms and signs to manifest. Common symptoms include intrusive flashbacks of the event, trouble sleeping, easily frightened. To know more about Signs and Symptoms, [Click here](#).

People diagnosed with PTSD have usually prescribed psychotherapy supplemented with medications to help them manage better. The therapy uses a three-pronged approach to help individuals - Improving Symptoms, Skills to Manage, and Restoration of self-esteem. They usually fall under the umbrella of Cognitive Behavioural Therapy, which works to manage thought processes and reactions. Some of the commonly prescribed therapies are listed below:

- **Cognitive Processing Therapy:**

Cognitive Processing Therapy or CPT is a type of talk therapy where the individual is allowed to express his deepest feelings, fears, guilt, and shame if any, in a non-judgemental, safe environment. The counselor helps to process the event and manage it better.

- **Prolonged Exposure Therapy:**

This therapy is used for individuals who have trouble accepting the trauma and go to great lengths to avoid anything associated with it. The individuals are allowed to confront their fears in a controlled environment, with the counselor helping them through it .

- **Stress Inoculation Training:**

Stress Inoculation Training or SIT is a set of coping techniques that includes breathing retraining, muscle relaxation, cognitive restructuring, and assertive skills, used to manage Stress, Anxiety, and PTSD better .

- **Eye Movement Desensitisation and Reprocessing:**

Eye Movement Desensitisation and Reprocessing or EMDR asks individuals to focus on a sound or visual while recounting their trauma or witnessing a replay of their trauma. For eg, if someone has PTSD after surviving a horrific plane crash, they might be asked to talk about it surrounded by calming sights or shown the crash footage with a soothing background music.

Other treatments include Present Centred Therapy (PCT), Virtual Reality Exposure, Ketamine Infusion, MDMA-Assisted Therapy. Alternative therapies like Trauma-Sensitive Yoga, Reiki, Acupuncture are also used to complement conventional therapy methods.



Read more about **PTSD** and other mental health related articles on

www.pamllc.us/resources

Interested in a consultation? Request an appointment from our [website](#) or mail at

telehealth@pamllc.us

NOTE

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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