

The Prevalence of PTSD

As with many mental health challenges, it's hard to know exactly how many people are affected and, therefore, don't seek support.

However, from what we do know and the numbers available from the National Center for PTSD annually, and 6% of the U.S. population will be diagnosed with PTSD at some point in their lives.

PTSD can affect anyone regardless of age, gender, or race. However, some groups are at high risk for PTSD due to events that women are more likely to experience, such as sexual assault and domestic violence. 13% of women will be diagnosed with PTSD at some point in their lives. Also, 7% of Veterans will be diagnosed with PTSD at some point in their lives. The number is highest in veterans of Operations Iraqi Freedom and Enduring Freedom. 21% of Persian Gulf War veterans experienced PTSD.

PTSD is a widespread mental health concern. Understanding the signs and symptoms is necessary for one of the risk factor groups discussed above.

Recognizing the Signs of PTSD

Recognizing and understanding the symptoms of PTSD is a crucial step in supporting those who experience it. Early recognition is critical for better treatment outcomes and decreased long-term effects. Early intervention can help reduce symptoms and improving overall well-being. Plus, it can stop things from getting worse or leading to more serious mental health issues.

The National Institute of Mental Health (NIMH) reports that for an adult to be diagnosed with PTSD, they must experience one or more of the following symptoms for more than one month. These symptoms include:

- One re-experiencing symptom
- One avoidance symptom
- Two arousal and reactivity symptoms
- Two cognition and mood symptoms

Re-Experiencing Symptoms

Imagine feeling like you're back amid a traumatic event, even when you're safe and sound in the present. These symptoms can manifest as vivid nightmares or sudden flashbacks, where it feels like you're reliving the experience.

smelling what you did during the trauma. Triggers, from movie scenes to news reports or conversations

Avoidance Symptoms

Picture going to great lengths to steer clear of anything that might trigger memories of the traumatic event, people, or activities or even suppressing thoughts and discussions about the event altogether. This can lead to emotional numbness or detachment from others. Some individuals cope by keeping themselves busy to avoid confronting their emotions.

Arousal and Reactivity Symptoms

Feelings of being stuck in a perpetual state of alertness and unease are commonplace for those with PTSD, as if every sound or movement sets off a surge of adrenaline, making it hard to concentrate or leading to exaggerated responses, leaving you feeling constantly on edge and easily irritable.

Cognition and Mood Symptoms

After enduring a traumatic event, you may experience negative thoughts about yourself and others, become disinterested in activities you once enjoyed. Memory gaps or difficulty discussing the trauma may separate you from reality. Trust in life and others may diminish, while feelings of guilt and shame related to the event affect self-worth and contributing to a bleak outlook on the future.

Causes of PTSD

PTSD can stem from a spectrum of traumatic experiences. Each individual's perception and reaction to the event and manifestation of PTSD symptoms.

A study published in *Neuroscience & Biobehavioral Reviews* indicates that there are individuals more susceptible than others, to develop PTSD. Some of those risk factors include:

- Intense or prolonged trauma
- Previous traumatic events
- Severity of trauma
- Occupational exposure

- Existing mental health conditions
- Substance misuse
- Limited support
- Family history of mental health concerns

Just as there are risk factors in the development of PTSD, the [NIMH](#) reports there are also resilience factors for PTSD. Resilience factors are deeply rooted in acknowledging the event and seeking early support.

- Accepting support from friends and family
- Learning self-acceptance of your actions during the trauma
- Maintaining and having healthy coping strategies
- Educating yourself on triggers and practicing how to respond

Dispelling misconceptions surrounding PTSD is essential. While combat situations are common, PTSD can result from any trauma. Recognizing this diversity is pivotal in providing comprehensive support and treatment.

The following triggers may lead to the development of PTSD:

- Combat exposure
- Domestic violence
- Sexual trauma
- Physical assault
- Natural disasters
- Serious accidents
- Childhood abuse or neglect
- Medical trauma
- Witnessing trauma
- Acts of terrorism
- Sudden loss
- Prolonged stress
- Occupational exposure

Psychological Impact of PTSD

PTSD deeply impacts how people feel, act, and behave by triggering intense emotions like fear and memories disrupt thinking patterns, leaving individuals feeling helpless and hopeless. Over time, health issues like depression or anxiety, compounding the challenges they face.

Avoidance behaviors and emotional numbing brought on by PTSD can strain relationships, impact workplace, PTSD can diminish concentration, memory, and decision-making abilities, impacting and diminishes quality of life, with symptoms varying widely among individuals and often complicated.

Physiological Effects of PTSD

When you think of PTSD, you may only think of the mental health aspects, but when your mind, your body is affected. There has been a considerable underestimation of the role of trauma – physical symptoms.

PTSD is associated with changes in brain function, hormonal imbalance, and immune system changes involving stress hormones like cortisol and adrenaline, leads to heightened arousal and chronic susceptibility to infections and inflammation.

A study published in Lancet Psychiatry indicates that PTSD elevates the risk of cardiac events like high blood pressure, while inflammation exacerbates chronic pain conditions like fibromyalgia. Unhealthy diet, smoking and excessive alcohol consumption, further increase health risks.

Specialized Care and Treatment Options for PTSD

PTSD is a highly individualized disorder and requires personalized care approaches. No two cases are the same. Trauma-informed care, now considered the gold standard across healthcare settings, includes recognizing and addressing any past traumatic experiences.

Importance of Specialized Care and Treatment

Specialized care combines proven methods with personalized approaches. Patients often see a reduction in PTSD symptoms and learn better ways of coping, it's all about feeling understood and supported.

The treatment landscape for PTSD offers a diverse array of options, underlining the importance of these treatments is to alleviate symptoms, foster healing, and enhance the overall quality of life.

Therapies for PTSD

Cognitive Behavioral Therapy (CBT)

CBT combines various techniques to address both the cognitive and behavioral aspects of PTSD, helping individuals challenge negative beliefs, develop effective coping strategies, and regain control over their lives in the aftermath of trauma.

CBT is strongly recommended for the treatment of PTSD and uses the following methods:

- Psychoeducation
- Assessment and goal-setting
- Cognitive restructuring
- Exposure therapy
- Skills training
- Relapse prevention

Some examples of techniques used in CBT for PTSD include:

- Creating a trauma narrative
- Gradual exposure
- Grounding techniques
- Cognitive coping strategies

Cognitive Processing Therapy (CPT)

Delivered over 12 sessions and rooted in CBT-like education and relapse prevention, CPT promotes recovery from PTSD symptoms by targeting maladaptive cognitive processes, facilitating emotional processing, and encouraging exposure to avoided thoughts and feelings.

Clients are encouraged to confront and process distressing thoughts and feelings associated with the traumatic environment. CPT focuses on processing through structured writing exercises known as cognitive processing modules. These worksheets guide individuals through exploring and challenging their thoughts and beliefs related to the trauma.

coherent narrative of the trauma and its aftermath while addressing cognitive distortions.

Cognitive Therapy (CT)

CT is a therapeutic approach focused on identifying and modifying thought patterns and beliefs. It is a key component of the treatment of PTSD, as it targets the cognitive aspects of the disorder, helping individuals challenge and reframe their interpretations of traumatic events.

The framework for using CT for PTSD includes the following steps:

Identifying cognitive distortions

Common distortions include catastrophizing, overgeneralization, and personalization.

Challenging negative automatic thoughts

Clients are encouraged to question the accuracy and validity of these thoughts and consider alternative perspectives.

Examining core beliefs

Core beliefs may include notions of safety, trust, and self-worth that have been profoundly affected by the trauma.

Reconstructing trauma narratives

This process allows individuals to integrate new information and perspectives, reducing the emotional intensity of traumatic memories.

Prolonged Exposure Therapy (PE)

PE is a highly effective treatment for PTSD that helps individuals confront and process traumatic memories.

PE therapy for PTSD operates on two main principles:

1. Individuals with PTSD often avoid reminders of their trauma, exacerbating distress and impairing recovery. PE helps by facilitating the emotional processing of traumatic memories.
2. Through repeated exposure to trauma-related stimuli in a safe environment, PE aims to help individuals learn that the trauma is over and that the conditioned fear responses associated with the trauma are not necessary.

Concerns about PE therapy for PTSD are common. Despite fears of re-traumatization, evidence shows that PE is effective. Therapists collaborate with clients to ensure exposure exercises progress at a manageable pace. The National

in 8 to 15, 90-minute sessions, weekly.”

Conditionally Recommended Therapies

Conditionally recommended therapies for PTSD offer alternative approaches for individuals who are mentioned above.

Brief Eclectic Psychotherapy (BEP)

BEP is a time-limited therapy that integrates elements from various therapeutic modalities, including humanistic approaches. It spans 16 sessions, each lasting 45 to 60 minutes and with specific goals.

BEP involves a collaborative and individualized treatment approach, where therapists work with clients on emotional, and interpersonal issues related to their trauma. BEP works best with people experiencing PTSD. It may include cognitive restructuring, emotion regulation skills, and exploring underlying relationships.

While research on BEP is limited, one older study suggests it may reduce PTSD symptoms by 50% in individuals with PTSD disorder.

Eye Movement Desensitization and Reprocessing (EMDR)

Numerous studies support EMDR’s effectiveness in reducing PTSD symptoms and facilitating recovery compared to traditional therapies like CPT and PE, with rapid and lasting improvements observed in some individuals.

EMDR involves bilateral stimulation, such as eye movements, to facilitate the processing of traumatic memories. The process follows these steps:

History-Taking: Gathering information about trauma history and treatment goals.

Preparation: Providing psychoeducation and teaching coping skills.

Desensitization: Focusing on a targeted traumatic memory while engaging in bilateral stimulation.

Reprocessing: Facilitating the reprocessing of the traumatic memory and integrating new information.

Closure: Ensuring stability and grounding at the end of each session.

Reevaluation: Reviewing progress and identifying new targets for processing.

Narrative Exposure Therapy (NET)

NET is a short-term therapy designed to address PTSD symptoms by systematically recounting of a client's life story.

NET involves a structured series of sessions to construct a detailed timeline of the client's life, cognitions. Therapists guide clients through narrating their experiences, gradually exposing the validation.

NET has demonstrated promising results in reducing PTSD symptoms across various populations of individuals with complex trauma histories. Research suggests that NET may be particularly effective. However, these therapies are challenging to implement.

Medication-Based Treatment

The 2023 Clinical Practice Guidelines for PTSD urge psychotherapy to be the first choice in treating PTSD. Medication can be an effective treatment alongside therapy or when therapies aren't available. In such cases, medication can play a significant role in the treatment of PTSD, particularly in managing symptoms like anxiety and insomnia that often accompany the disorder.

While medications do not address the underlying trauma, they can help alleviate distressing symptoms. Patients should have open discussions with healthcare providers to assess the benefits and risks of medication.

The following table shows classes of medications commonly used, their generic and trade names. For more information on the below medications, currently, only SSRIs are FDA-approved for PTSD. Other medications

| Drug Class | Generic Name | Trade Name | Healthcare Provider |
|---|--|---------------------------|---------------------------|
| Selective Serotonin Reuptake Inhibitors (SSRIs) | Sertraline Paroxetine Fluoxetine | Zoloft Paxil Prozac | Increase in regulation |

| Drug Class | Generic Name | Trade Name | H |
|--|---------------------------|---------------------|------------|
| Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) | Venlafaxine Duloxetine | Effexor Cymbalta | Inco no |
| Benzodiazepines | Clonazepam Lorazepam | Klonopin Ativan | En rel |
| Prazosin | Prazosin | Minipress | It c an |

Integrative and Holistic Approaches

Integrative and holistic approaches to treating PTSD incorporate complementary therapies along with traditional medicine, recognizing the interconnectedness of mind, body, and spirit for comprehensive recovery. By integrating complementary therapies with traditional medicine, individuals can access a wider range of tools and resources to support their well-being.

Mindfulness-based interventions: Practices like mindfulness meditation and yoga reduce symptoms, and emotional regulation.

Complementary therapies: Practices such as acupuncture and massage therapy can r

Supportive Services for PTSD

Supportive services are essential in the recovery journey of individuals with PTSD, providing emotional support and building resilience. They include support groups, online resources, family assistance programs, and community resources, educational resources, and access to mental health resources. These services empower individuals to build a strong supportive network for healing and recovery.

Support Groups and Communities

The understanding, empathy, and support offered by peers can make a significant difference in your recovery. Support groups provide a safe space to share your experiences and receive support from others who understand. A support network for long-term well-being.

Here's why participation in these groups is highly encouraged:

Peer support: Interacting with peers with similar experiences fosters a sense of validation and understanding.

Shared experiences: In support groups, individuals can share their stories, challenges, and coping strategies.

Mutual understanding: Support group members can empathize with each other's struggles and help each other understand.

If you're currently receiving therapy for PTSD, ask your therapist or mental health provider for recommendations on support groups or communities tailored to individuals with PTSD.

Online Services and Resources

Online services and resources offer convenient and accessible support for individuals with PTSD.

24/7 availability: Online resources are accessible anytime, anywhere, allowing individuals to seek help when needed.

Anonymity: Many online platforms offer anonymity, making it easier for individuals to seek help.

Wide range of resources: From informational websites to self-help tools and virtual support groups, there are many resources to meet the varied needs of individuals with PTSD.

Reputable Online Resources

The National Center for PTSD

Provides information on evidence-based treatments, self-help resources, and links to find a therapist.

The Anxiety and Depression Association of America

Offers resources and a therapist directory for finding mental health professionals specializing in anxiety and depression.

National Institute of Mental Health: PTSD

Detailed information on the ins and outs of PTSD, with treatment options, clinical trial information, and more.

Veterans Crisis Line

24/7, confidential crisis support for you or a loved one.

Substance Abuse and Mental Health Services Administration

Raising awareness of substance abuse with multiple crisis lines, funding opportunities, and more.

Family and Social Support

Support from family and friends is indispensable for individuals dealing with PTSD. They offer emotional support, validation, and empathy. Practical assistance with daily tasks like household chores or childcare can also be helpful in the recovery process.

Guidance for loved ones includes educating themselves about PTSD, being patient and nonjudgmental, setting boundaries, and encouraging professional treatment. Through a combination of emotional support and practical assistance, friends can significantly contribute to the recovery journey of individuals with PTSD.

Challenges in PTSD Care

Providing adequate care for individuals with PTSD is often hindered by various challenges that can impede recovery.

Limitations and Obstacles in PTSD Treatment

Current PTSD treatment approaches face several limitations and obstacles that can impact treatment effectiveness. These include, but are not limited to:

Variability in treatment response: Not all individuals respond to traditional PTSD treatments.

High dropout rates: Some individuals may discontinue treatment prematurely due to factors such as lack of treatment progress, or difficulty tolerating treatment-related distress. The presence of comorbid conditions, such as anxiety disorders, or personality disorders, can complicate treatment efforts and contribute to high dropout rates.

Access barriers: Limited access to mental health services, long wait times for appointments, and financial barriers can prevent individuals from receiving timely and appropriate care.

These factors collectively underscore the complexities involved in addressing PTSD and highlight the need for diverse and innovative approaches to treatment.

Overcoming Barriers to Accessing PTSD Care

Accessing care for PTSD can be daunting due to a variety of barriers, including geographic limitations, financial constraints, and cultural factors. Many individuals find themselves in areas with limited mental health resources, particularly in rural or underserved communities, making it difficult to access appropriate care. Financial barriers, such as lack of insurance coverage or high out-of-pocket costs, can also prevent individuals from seeking treatment. Cultural factors, including language barriers and a lack of culturally responsive services, further hinder access to PTSD care.

To overcome these barriers, individuals can explore telehealth options, which provide remote access to care and may be covered by insurance. Additionally, seeking out mental health providers who offer sliding-scale fees based on income can help address financial limitations.

Community-based programs, nonprofit organizations, and government-funded initiatives often provide valuable resources and support for individuals seeking PTSD care.

Advocacy for policy changes is also crucial in improving access to PTSD care. Supporting policies that increase funding for mental health services, and promote culturally responsive care for underserved populations, can help address these barriers.

Addressing Stigma Associated With PTSD

The stigma surrounding PTSD can have profound effects on individuals' willingness to seek help. Misconceptions and stereotypes about PTSD often lead to fear, shame, and social isolation, which can prevent individuals from seeking help-seeking, as individuals may fear judgment or believe that seeking help is a sign of weakness.

Challenging these misconceptions and stereotypes is essential in combating stigma and fostering a more supportive environment. By sharing accurate information about PTSD, we can dispel myths and educate others about the condition.

Personal stories of resilience and examples of successful treatment outcomes can also challenge stigma and encourage individuals living with PTSD. These narratives demonstrate that recovery is possible, and that seeking help is a strength.

Future Perspective on PTSD Care

As we look to the future, the outlook for PTSD care is promising, with potential advancements in treatment efficacy, accessibility, and societal understanding of the disorder.

Advances in PTSD Treatment

Recent advances in evidence-based treatments for PTSD have broadened treatment options, including PE. Pharmacological interventions such as SSRIs and SNRIs are commonly prescribed, with ketamine and MDMA as adjunctive treatments. Integrative modalities like mindfulness-based approaches offer a holistic approach.

Challenges persist in translating research into real-world applications, including disparities in access to multidisciplinary approaches. Continued collaboration between researchers, clinicians, and policymakers is needed to improve outcomes for individuals with PTSD.

The Promise of Technology in PTSD Care

Advancements in technological care for PTSD have the potential to expand access to care and improve outcomes for patients and providers is crucial to utilize technology-based interventions effectively. Healthcare providers addressing disparities in access to digital resources, particularly among underserved populations facing barriers to technological proficiency.

Some exciting prospects in technology for PTSD include:

Virtual reality (VR) simulations enable exposure therapy in a controlled and immersive environment, helping individuals process traumatic memories in a safe setting.

Mobile apps offer self-help tools, symptom tracking, and psychoeducation, empowering individuals and providing support anytime, anywhere.

Wearable devices provide valuable insights for individuals and clinicians in understanding patterns of stress and anxiety.

Telemedicine platforms help facilitate remote therapy sessions.

Encouraging a More Compassionate Society for PTSD

Education plays a crucial role in raising awareness about PTSD, its symptoms, and its impact on individuals and communities. By providing accurate information and dispelling myths and misconceptions surrounding the disorder, education helps reduce stigma and encourages seeking help.

Trauma-informed care training for healthcare professionals, first responders, and educators is a supportive manner. Campaigns like [PTSD Awareness Month](#) in June and events like [PTSD Awareness Week](#) in Education and awareness are vital to promote understanding and contribute to creating a more supportive living with PTSD.

We hope this article has given you the education you need to seek treatment for your PTSD. There are many resources available.

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