Treatments for Post-traumatic Stress Disorder (PTSD)

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En Español (Spanish Version)

Treatment for PTSD involves counseling, psychological intervention, medication, and some lifestyle changes.

You and your family will be educated about PTSD and its effects and complications. You may need to re-experience the event via imagery, as well as your reactions to and beliefs about the event, in a therapeutic situation. Therapy will help you focus on resolving strong feelings that accompany PTSD. You need new coping skills to deal effectively with memories, reminders, reactions, and feelings associated with the trauma.

Treatment involves the following:

Lifestyle changes
Medications
Other treatments—therapy

At this time, there are no surgical treatments for PTSD.

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