



Treatment of Post-Traumatic Stress Disorder by Psychotherapy

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DESCRIPTION

Posttraumatic Stress Disorder (PTSD) is a mental condition that can affect persons who have been through or observed a traumatic event like a natural disaster, a catastrophic accident, a terrorist attack, a rape or who have faced serious threats of harm like death or sexual assault. They might experience the incident again in their dreams, feel sad, scared, or angry, and feel cut off from other people. Those with PTSD may avoid situations or individuals who remind them of the traumatic event because they can be significantly negatively affected by loud noises or inadvertent touches.

SYMPTOMS

- Going through the trauma again
- Persistent, difficult-to-control recollections (or flashbacks) that interfere with daily life
- Nightmares
- Serious discomfort brought on by visions of the trauma
- Unpleasant recollections or ideas brought on by certain noises, smells, or words.

DIAGNOSIS

The doctor will suggest mental health assessment. They will therefore inquire about present symptoms, earlier experiences, and family history. To make sure the symptoms aren't being caused by something else, they could perform a physical examination. The physician might suggest a psychologist or psychiatrist. They will inquire as to the duration, frequency, and severity of the symptoms as well as the circumstances around the triggering incident. In order for PTSD to be diagnosed, a person's symptoms must be severe enough to impair their ability to perform at work, in social situations, or at home. It will take at least six months following the incident to get a complete diagnosis. When someone has been experiencing incapacitating

symptoms, a diagnosis can often be a relief because it gives an explanation and a foundation for starting therapy.

PSYCHOTHERAPY

To treat a mental condition, a mental health practitioner will listen to our talk during psychotherapy, sometimes known as "talk therapy." Both individual and group psychotherapy are options. The typical duration of a PTSD talk therapy programed is 6 to 12 weeks, however it can go longer. Numerous forms of psychotherapy can benefit persons with PTSD, according to research, and support from loved ones and friends can be a crucial component of rehabilitation. Some directly attack the PTSD symptoms. Other therapies concentrate on issues that are related to work, family, or social life. Depending on each patient's needs, the doctor or therapist may combine different therapy.

Effective psychotherapies frequently place a strong emphasis on a small number of essential elements, such as symptom education, the development of skills for recognizing symptom triggers, and symptom management techniques. Cognitive Behavioral Therapy (CBT) is one effective type of therapy.

Cognitive Processing Treatment (CPT)

Also referred to as cognitive restructuring, this technique teaches the patient to adopt new ways of thinking. They may be able to overcome their trauma and take control of their dread and distress by mentally replaying the terrible incident.

Prolonged Exposure Therapy (PET)

It teaches PTSD sufferers how to handle their thoughts and feelings in the wake of a traumatic experience. In a secure and controlled setting, talking about the incident and gradually addressing the basis of their concern may help a person feel more confident.

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