

PATIENT DECISION TOOL

Post-traumatic Stress Disorder (PTSD) – Treatment Options

A free online Interactive Decision Aid (with videos) is available at the U.S. Department of Veterans Affairs. National Center for PTSD.

https://www.ptsd.va.gov/appvid/decisionaid_public.asp



Which treatment to consider?	PSYCHOTHERAPY			MEDICATION
	Cognitive Processing Therapy (CPT)	Eye Movement Desensitization and Reprocessing (EMDR)	Prolonged Exposure Therapy (PE)	Antidepressant (SSRI/SNRI)
What type of treatment is this?	A type of trauma-focused cognitive behavioural therapy	Psychotherapy	A type of trauma-focused cognitive behavioural therapy	SSRI: Prozac, Paxil, Zoloft SNRI: Effexor
How does it work?	Teaches you to reframe negative thoughts about the trauma.	Helps you to process and make sense of your trauma	Teaches you how to gain control by facing your fears	Restores the balance of naturally occurring chemicals in your brain
What will I need to do?	<ul style="list-style-type: none"> Talk about your thoughts Writing assignments and worksheets After being carefully prepared, work through the trauma while being stimulated by an external motion/sound.		<ul style="list-style-type: none"> Talk about the trauma Start doing safe things you have been avoiding 	Take a pill at regular time(s) each day.
Will I need to talk about my trauma experience?	Depends on type of CPT	Optional	Yes	No
Is it effective?	53 out of every 100 people who receive trauma-focused therapy will experience relief of symptoms.			42 out of every 100 people who take medication will have some relief of PTSD related symptoms.
How long does treatment last?	Weekly sessions for about 3 months, this may be longer for some	Weekly sessions for about 2–3 months, this may be longer for some	Weekly sessions for about 3 months, this may be longer for some	This will vary. Do not stop taking your medication, to avoid symptoms returning.
What are the risks?	Temporary discomfort or distress when talking or writing about the trauma.	Temporary discomfort or distress when thinking about the trauma	Temporary discomfort or distress when talking about and confronting reminders of the trauma *Those with complex PTSD need specialized preparation	Potential side effects: <ul style="list-style-type: none"> Headache Sleep problems Dry mouth Upset stomach Weight gain Sexual side effects
Format	Group or individual	Individual	Individual	Individual
Cost/Benefit Coverage?	Cost will vary depending on format and type of psychotherapy.			\$13–\$30 (Cdn)** per month

Adapted from: **1)** U.S. Department of Veterans Affairs. National Center for PTSD. PTSD Treatment Decision Aid: The Choice is Yours. https://www.ptsd.va.gov/appvid/decisionaid_public.asp; ****2)** Jensen B, Regier L. Anxiety Disorder Medication. Rx Files. 2019. www.rxfiles.ca

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