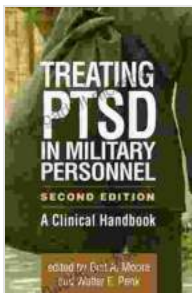


Overcoming Trauma: A Comprehensive Guide to Treating PTSD in Military Personnel, Second Edition

Post-traumatic stress disorder (PTSD) is a debilitating condition that can develop after exposure to a traumatic event. Military personnel are particularly at risk for PTSD due to the nature of their service. This comprehensive guide provides an overview of PTSD in military personnel, including symptoms, causes, and effective treatment options.



Treating PTSD in Military Personnel, Second Edition: A Clinical Handbook by Bret A. Moore

★★★★☆ 4.7 out of 5

Language : English
File size : 1679 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 462 pages



Symptoms of PTSD

The symptoms of PTSD can vary in severity and duration. Some common symptoms include:

- Intrusive thoughts and memories of the trauma
- Avoidance of reminders of the trauma

- Negative changes in mood and thinking
- Increased arousal and reactivity
- Difficulty sleeping
- Irritability and anger
- Substance abuse

Causes of PTSD

PTSD can develop after exposure to a traumatic event that threatens one's life or physical integrity. Common traumatic events that can lead to PTSD in military personnel include:

- Combat exposure
- Exposure to natural disasters
- Sexual assault
- Traumatic brain injury

Risk Factors for PTSD

Certain factors can increase the risk of developing PTSD after exposure to a traumatic event. These risk factors include:

- Prior history of trauma
- Lack of social support
- Female gender
- Exposure to multiple traumas

- Difficulty coping with stress

Treatment for PTSD

There are several effective treatments for PTSD, including:

- **Cognitive-behavioral therapy (CBT):** CBT helps people to identify and change negative thoughts and behaviors that are related to their PTSD symptoms.
- **Eye movement desensitization and reprocessing (EMDR):** EMDR is a type of therapy that uses eye movements to help people process traumatic memories.
- **Medication:** Medication can be helpful in managing the symptoms of PTSD, such as anxiety, depression, and insomnia.
- **Alternative therapies:** Some alternative therapies, such as yoga and mindfulness meditation, can be helpful in reducing the symptoms of PTSD.

Recovery from PTSD

Recovery from PTSD is a process that takes time and effort. There is no cure for PTSD, but treatment can help people to manage their symptoms and improve their quality of life. With the right treatment, most people with PTSD can recover and live full and productive lives.

PTSD is a serious condition that can have a significant impact on the lives of military personnel. However, there are effective treatments available that can help people to manage their symptoms and recover from PTSD. If you

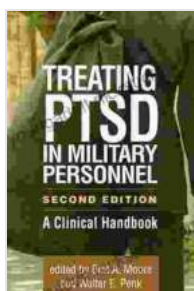
are a military veteran who is experiencing symptoms of PTSD, please seek help. You are not alone.

Resources

- National Center for PTSD: <https://www.ptsd.va.gov/>
- Veterans Administration PTSD: <https://www.ptsd.va.gov/>
- Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury: <https://www.dcoe.health.mil/>

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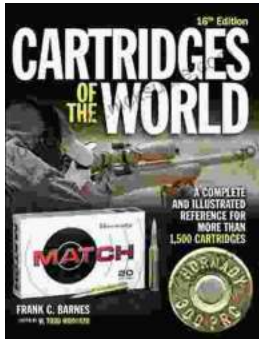


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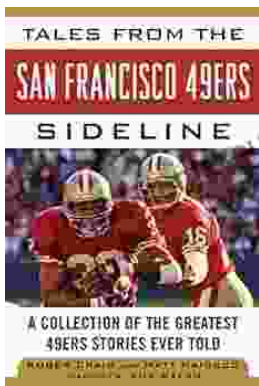
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