

Have you experienced

- A motor vehicle accident?
- Violent crime? War combat?
- A sports injury or fracture?
- Diagnosis of a serious illness?
- A series of stresses?
- Domestic violence?
- A terrible loss?
- Rape or sexual assault?
- High anxiety or panic?
- A bite from an animal/insect?

All of these events have the potential to cause symptoms of **post-traumatic stress disorder** (PTSD), panic or phobias. It is important to recognize the symptoms of these conditions (the PTSD rate for people with fractures is 52%) and to know that **effective treatment is available**.

Symptoms of PTSD

There are 3 kinds of PTSD symptoms:

Re-experiencing symptoms

- Flashbacks (sudden, disturbing memories of the event)
- Nightmares

Avoidance symptoms

- Avoiding places, people or other reminders of the event
- Fear of driving after an accident
- Emotional numbness

- Losing interest in what you previously enjoyed and other signs of depression
- Substance abuse or behavioral compulsions

Hyper-arousal symptoms

- Startle easily
- Feel tense or “on edge”
- Anxiety attacks
- Insomnia
- Anger problems
- Trouble getting along with others

The Cochrane Review recommends all PTSD sufferers be offered **CBT** or **EMDR** treatment. The Cochrane Review is a British service that reviews all medical research for the most efficacious treatments, based on solid research.

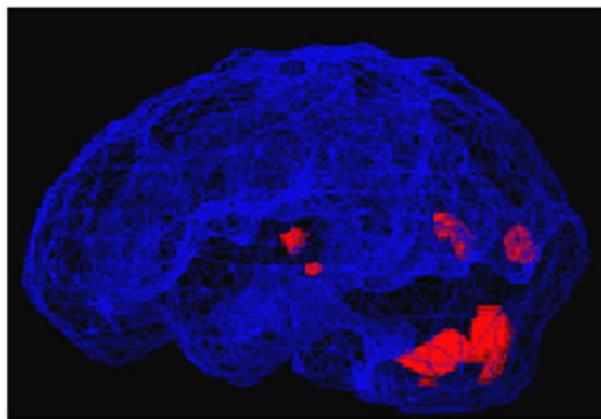
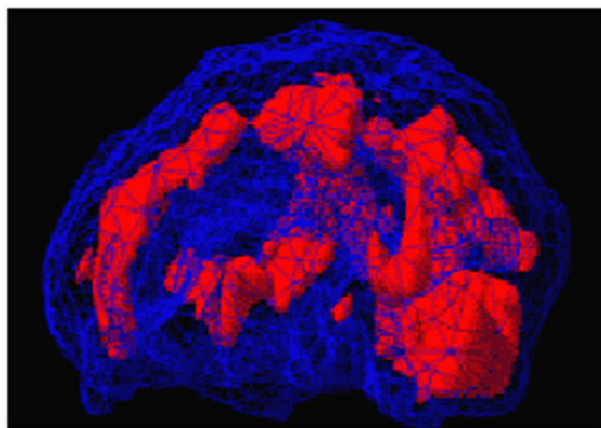
Cognitive Behavioral Treatment (CBT)

CBT is a talk therapy that involves learning to identify your negative beliefs about yourself and the incident. It helps you learn to think more positively, through therapy and homework practiced in between sessions.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is a therapy that helps the brain store memories in a more healthy way, because it calms the intense emotional

memories (see brain scan). It uses an eight step protocol. One of the steps includes the therapist guiding the client to do eye movements (or other gentle sensory methods of bilateral stimulation of the brain) while the client is focused on aspects of the memory.



Brain scans before (top) and after EMDR therapy (bottom). EMDR has been demonstrated by randomized control studies to work faster (in 1/3 to 1/2 the time of CBT), with far less homework, less talk and a lower drop-out rate.

How do I choose a therapist?

Many CBT therapists can be located through a Google search of your community. Ask the therapist how much experience they have, what their success rate is and within how many sessions.

It is important to know, in searching for an EMDR therapist, that many people self-advertise themselves as experts, but are not certified by the EMDR International Association (EMDRIA). The certification process involves receiving 20 hours of consultation on one's practice of the complete EMDR protocol, plus taking 12 credits of advanced training every 2 years.

The people who achieve and maintain EMDRIA certification are dedicated to the highest standards in EMDR. That is why those are the only therapists invited to join a very helpful online directory: ComprehensiveTherapyApproach.com.

If you find yourself experiencing PTSD symptoms, please get help sooner rather than later. Symptoms may not show up until a month or even years after the event, when something "triggers" the memory that may have been pretty buried. That doesn't matter. What does matter is that you seek competent help when you need it, because PTSD can be treated. If you are not getting the help you need in one therapy, try another.

Or try another therapist with better credentials. Like the brain scan photos, your brain can get back to its natural state of health. As many EMDR clients exclaim, "I am myself again!" or "I got myself back!"

This brochure is offered as a public service by:

ComprehensiveTherapyApproach.com

A source of EMDRIA-Certified EMDR therapists and the EMDRIA-approved consultants who certify them.



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Get help for **PTSD** Post Traumatic Stress Syndrome

effective treatment is available

