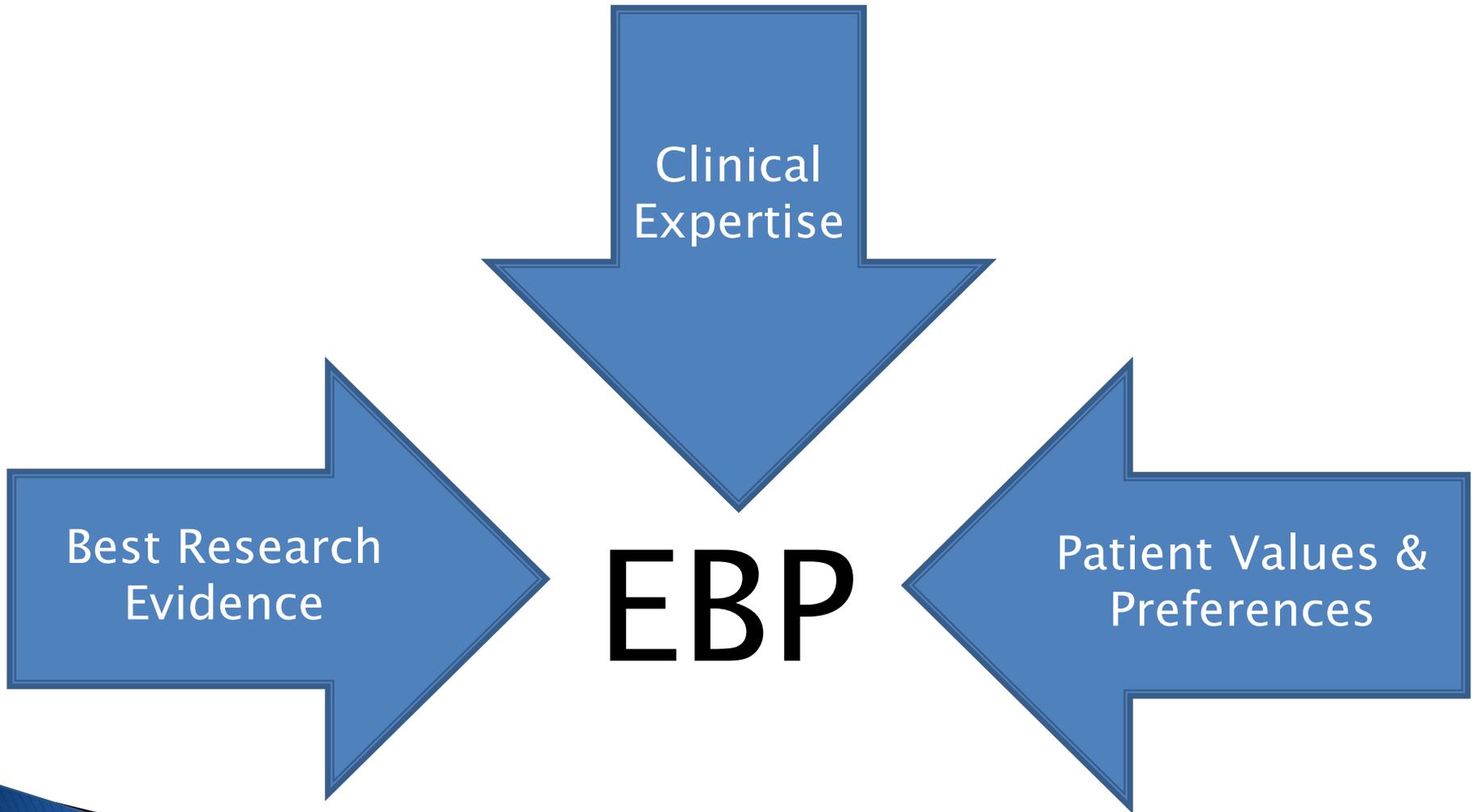


PTSD and Evidence-Based Therapy

Danielle Cronkhite, MH Counselor
Andrew Farrell, Licensed Professional Counselor–
Supervisor
Rod Bordeaux, Tribal Outreach Worker

History of Evidence-Based Procedures



Cognitive Processing Therapy (CPT)

- ▶ 12 Session Trauma-Focused Psychotherapy
 - 60–90 minute sessions (individual or group)
- ▶ 3 components:
 - Education about PTSD, thoughts, and emotions
 - Trauma processing to dissipate natural emotions
 - Skills to achieve more realistic beliefs about trauma, self, others, and the world.
 - Safety, Trust, Power & Control, Esteem, & Intimacy

ABC Sheets

A-Activating Event	B-Belief	C-Consequence (feeling)

Are my thoughts above in “B” realistic?

What can you tell yourself on such occasions in the future?

Prolonged Exposure

- ▶ 8–15 Trauma–Focused Psychotherapy Sessions
 - 90–minute Individual Sessions
- ▶ Repeated exposure to thoughts, feelings, situations that you have been avoiding helps you learn that reminders of the trauma do not have to be avoided
 - Work through painful memories in a safe and supportive environment (imaginal exposure)
 - Engage in activities you have been avoiding (in–vivo exposure)

Virtual Reality Graded Exposure

- ▶ Using virtual scenarios, therapist gradually exposes the Veteran to distressing stimuli while teaching Veteran to regulate breathing and physiologic arousal
 - ▶ Learn how to manage symptoms of distress & physiologic response to triggers/reminders of the traumatic event(s)
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Online Resources

- ▶ National Center for PTSD www.ptsd.va.gov
- ▶ Make the Connection:
www.maketheconnection.net
- ▶ About Face:
<http://www.ptsd.va.gov/apps/AboutFace/>
- ▶ PTSD Coach Application
<http://www.ptsd.va.gov/public/pages/PTSDCoach.asp>

Contact Information

- ▶ Black Hills Health Care System
 - Residential PTSD Treatment:
 - Hot Springs: 800-764-5370, ext. 2432
 - Outpatient PTSD Treatment:
 - Ft. Meade: 800-743-1070, ext. 7449
 - www.blackhillsva.gov
 - Facebook: www.facebook.com/VABlackHills
 - Twitter: @VABlackHills

- ▶ Veteran's Crisis Line:
 - 1-800-273-TALK press 1 for Veterans
 - <http://veteranscrisisline.net>