

Title: "Treatments for PTSD"

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Abstract:

This brochure is an easy to read pamphlet for patients about Post Traumatic Stress Disorder (PTSD). The pamphlet includes a definition of PTSD and various treatment options. One section outlines the treatments your physician can provide, or help provide, including medications and psychotherapy. The next section provides a list of complementary therapies, including meditation, yoga and guided imagery.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Feeling Alone?
Difficulty Concentrating?
Depressed?
Nightmares?
Reliving past negative
experiences?

These could be signs of
**Post Traumatic Stress
Disorder**

PTSD

You can get help.

It is not your fault.

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Mental Health is just like Physical Health
There is a range between perfectly
healthy and very sick.

You can have small problems, like
stress, that add up. Or a big stress that
is hard to get over.

Stresses can build up and lead to
nightmares about the past, anxiety,
depression, low self esteem, loneliness
and difficulty dealing with problems and
new situations.

PTSD is when a stressful time continues
to cause problems after it is finished.
You may relive the stress. It may be
hard to think of other things. It may be
hard to trust people.

**Tell you doctor about
your stress. Your doctor
can help you.**

Decrease Stress. Treat
PTSD:

From Your Doctor:

Psychotherapy:

Your doctor can recommend a professional therapist to help you work through the stresses that happened in the past. Therapy can help you get over bad things and move on with your life.

Antidepressants:

Your doctor can prescribe medicine to help dull the strength of negative emotions.

Sleep Aids:

Medications can help you sleep. PTSD often makes it hard to sleep. Your doctor get prescribe sleep medication for you.

On Your Own:

Meditation:

Learning how to concentrate and direct your focus can help you. Also learn to relax.

Yoga:

Exercise decreases the bad thoughts and helps you sleep. Yoga combines exercise with meditation helping you learn to relax while exercising.

Guided Imagery:

Learn how to guide your mind to a peaceful place. Keep stress out. Find your inner peace.

Religion:

Get active in your religion.

Sleep:

Hide the clock: it adds stress. If you can't sleep get out of bed, try again later when you feel tired.

Where can I find help?

In an emergency dial 911

1. Start by talking to your doctor. Your doctor can help set you up with a therapist and other help.
2. Center for Victims of Torture:
1-877-265-8775
cvt@cvt.org
3. Victims of Domestic Violence:
Crisis Intervention number: in MN = 1-866-223-1111
4. Look for meditation groups and yoga studios in your area. Ask about therapeutic yoga.