

Post-Traumatic Stress Disorder



Occasionally

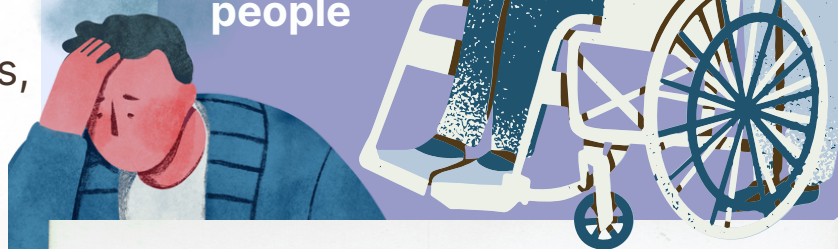
Recommended Tactics

- **Brief Eclectic Psychotherapy** (psychodynamic approach on changing sentiments towards guilt. A good relationship is needed between the patient and the therapist)
- **EMDR - Eye Movement Desensitization and Reprocessing Therapy** (focus on memories of trauma while enduring eye movements)
- **NET - Narrative Exposure Therapy**
- **Medication** (Depending on the severity and patient restrictions, sertraline, paroxetine, fluoxetine, and venlafaxine are common.)

Strongly Encouraged Tactics :

- **CBT - Cognitive Behavioural Therapy** (changing behavioural, thought, and feeling patterns)
- **CPT - Cognitive Processing Therapy** (change unnecessary ways of thinking)
- **Cognitive Therapy** (stopping thought and behavioural patterns causing issues in patients' everyday life)
- **Prolonged Exposure** (processively going over patients' trauma-related feelings, situations, and their memories)

Net is commonly conducted in groups of 4-10 people



Why use NET?

NET is used to help with social, cultural, and political traumas. It shows that there is no right way of thinking, and revolves around the theory that if our life is based around trauma, the feelings, and stress stay. This strategy emphasizes that the situation is at fault, never you, and you can write your own story.

What is NET?

NET is an approach on trauma disorders that is used mostly for PTSD. It's incredibly beneficial for patients suffering from more than one, or intense trauma.

What is PTSD?

Anxiety disorder focused on the stress or discomfort presented after a traumatizing or terrifying event. Most commonly associated with veterans, but can occur with anyone.

Symptoms Include:

flashbacks of trauma, reliving trauma, nightmares of trauma,, relentless emotional distress while remembering trauma

Cons to NET

- Not enough research to prove whether narrative therapy is successful.
- Lots of debate regarding whether there are no wrong answers.
- Depends strongly on the type of PTSD someone is suffering from.

Sources

- American Psychological Association. (2017, July). Treatments for PTSD. American Psychological Association. <https://www.apa.org/ptsd-guideline/treatments>
- WebMD, E. C. (2021, April 12). Narrative therapy: What is it and how does it work?. WebMD. <https://www.webmd.com/mental-health/what-is-narrative-therapy>
- Mayo Foundation for Medical Education and Research. (2022, December 13). Post-traumatic stress disorder (PTSD). Post-traumatic Stress Disorder (PTSD). <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>