

The Latest PTSD Treatments

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Prevalence and Treatment of PTSD

Posttraumatic stress disorder (PTSD) has become the most commonly discussed and diagnosed disorder over the past two decades. Research has established that the increase in cases of PTSD is because several veterans have returned home from the battlefield, and there are also increased cases of terrorism and natural disasters. According to Qukor, Kosh, Joan, and Barbara (2011), about 8%-9% of people usually get affected by PTSD in their lifetimes, and therefore, PTSD is not a unique case of disorder. The diagnosing and treatment of PTSD have existed since the 1980s, and since then, several clinical trials have been conducted to treat the disorder. Studies have discovered that different approaches, such as pharmacological approaches and cognitive behaviour approaches, have been applied before with much positive success (Cukor, Josh, JoAnn, Albert, & Barbara, 2011). Cognitive behaviour treatment is purely based on belief in conditioning and learning. This approach has proven to work for decades now. However, there are several approaches that are currently being used to treat PTSD differently from old approaches. However, this research intends to discuss certain latest PTSD treatment approaches, such as prolonged exposure therapy, couple-based treatment, and cognitive behaviour therapy in different clinical setups.

Causes and Consequences of Trauma

First, PTSD is usually associated with suicide and combat exposure, terrorist attacks, physical or sexual assault, child sexual abuse, and serious incidents like natural disasters. According to Shubina (2014), several people suffer from stress and other incidents, which can turn into PTSD and affect an individual life for a longer time. Several cases of PTSD have also been reported among couples, which is one of the several cases of PTSD which is being addressed (Shubina, 2014). It is reported that trauma occurs in the daily life of many people, and therefore, treatment of PTSD needs to be effective and well-researched. Shubina (2014) pointed out that car accidents, domestic violence, near-death experiences, child traumas, and stressful events are the major contributors to the growth of PTSD systems in people's life. The increasing cases of natural disasters have also increased the need to have effective PTSD treatment to reduce cases of suicide and other cases of the disorder in society.

Prolonged Exposure Therapy

Research has established that some of the best latest treatments for PTSD are prolonged exposure therapy (PET). Prolonged exposure therapy is used to treat veterans who have just returned home. According to Qukor, Megan, Francis, and JoAn (2010), prolonged exposure therapy takes a person

back to remember every detail of what happened. It reveals the traumatic experience through flashbacks and verbalizes the detailed memories. The therapy is a sixty-minute program that takes a victim through the memories of certain things he or she would want to remember but forget about. Iukor, Megan, Francis, and JoAn (2010) state that taking a victim through memories creates relief and comforts the mind and, therefore, makes it possible to cure a person from such an incident. It is argued that when a person remembers certain bad events and talks about them openly, it makes it possible to come out of such a bad condition (Cukor, Josh, JoAnn, Albert, & Barbara, 2011). Dr Kevin noted that prolonged exposure therapy is used especially to treat veterans because it allows veterans to tell the tale of the attack and then listen to themselves on tape. This is because research has discovered that listening to a personal voice explaining a traumatized event repeatedly is likely to neutralize the power of bubbling and do away with subconscious memory (Cukor, Megan, Francis, & JoAnn, 2010).

Couples and Family-Based Treatment

Emerging psychotherapy, such as couples and family therapy, is also one of the latest PTSD treatment methods which have proved to be effective. Trauma often negatively affects families and marital relations (Reisman, 2016). It sometimes results in increased anger and irritability, isolating behaviour, and can result in suicide as well. As stated by Reisman (2016), 7,5% of veterans have difficulty in relationships, and 465 offices have been treated using couples and family therapy. A report from the VeVeteransffice in Washington DC indicates that 60% of veterans who have gone through couple and family therapy have normal lives, and stress has been reduced as well. Reisman (2016) noted that several couple-based treatments have been developed to treat family-related trauma, which can result in suicide. However, sooner the couple-based treatments developed precognitive behaviour therapy (CBCT) w, which is used to address family-related problems and hence help in reducing stress and uniting a family.

Cognitive and Stress Management Interventions

Several studies have also revealed that family intervention on PTSD usually focuses on stress management to help reduce stress. Couple-based treatment has been developed to improve the communication, techniques, and behaviour of couples and to ensure that family issues or problems are addressed extensively. Cognitive intervention is meant to address maladaptive beliefs or thoughts about the trauma and the kind of impact it has on society. The couple-based treatment is a situation of my couples being taken through the problems they have in the family. Later, the recording is played for them so they can listen to their problems before advice is provided.

Pharmacological Treatment of PTSD

Though the main treatment techniques for PTSD, there are certain medications that are being used to treat symptoms of PTSD, and therefore, there are several medications that are being used for the treatment of PTSD. According to Bufka, Raquel, and Howard (2017), medications are generally being used to address the symptoms of PTSD. Therefore, the drugs which are being used are antidepressants, which are used to treat depression and anxiety symptoms. It helps in improving concentration and sleeping, and, therefore, the latest treatment of PTSD involves the use of medicine to treat symptoms and make a patient stable. These medications have side effects, and this is why the medication has never been the first option for PTSD treatment. It is upon the doctor to figure out the best medication for specific conditions or trauma, which can help in the treatment process (Bufka, Raquel, & Howard, 2017). However, the main treatment of PTSD is through therapy, which is divided into different methods and also applied differently so that a comprehensive result can be obtained (Shubina, 2014). However, the main goal of PTSD therapy is to teach affected victims new skills that they can use to deal with traumatizing events, improve the symptoms, and restore the self-esteem of victims.

Evaluation of Emerging PTSD Treatments

In conclusion, the need for effective treatment of PTSD is driving research to come up with the best options for the treatment of PTSD. Treatment methods that have been used for decades have proved too ineffective, and therefore, the latest methods of treating PTSD stand a better chance of solving the stress and other kinds of trauma that have been affecting the community. However, the latest methods of treatment being applied are prolonged exposure therapy, couple-based therapy, cognitive behaviour therapy, and others. These treatments help in addressing stress issues, family problems, veterans' trauma, natural disasters, and terrorism. It is also noted that treatments are applied in stages so that they can provide detailed information, which can be helpful in solving problems or addressing PTSD issues for a long time in life.

References

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