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PTSD and Therapeutic Methods

PTSD is a debilitating disorder and extremely difficult to manage. However, it’s not impossible with the right mental health professionals and tools. When looking for treatments regarding trauma or PTSD, it’s important to find therapists, psychiatrists, clinical social workers, and nurse practitioners that provide trauma-informed care. This information will help you make informed decisions and lead you on a pathway to healing. The following articles include evidence-based treatment and techniques that can be used to cope with this condition. They are written by a mix of treatment/counseling centers, mental health professionals, and survivors that live with PTSD. It’s important to remember that one size does not fit all, meaning one treatment that works for someone may not work for someone else. With that said, I highly suggest looking at all of these options and figuring out which works best for you. Wishing you happiness, healing, and all the best on your journey to recovery. You’ve got this!

<https://www.apa.org/ptsd-guideline/treatments>

<https://www.verywellmind.com/using-mindfulness-for-ptsd-2797588>

<https://www.othership.us/resources/breathwork-for-healing-trauma>

<https://www.claritychi.com/stress-management-through-progressive-muscle-relaxation/>

<https://healingwellcounseling.com/blog/trauma-survivors-why-relaxation-techniques-dont-work-and-what-to-do-instead/>

<https://healingwellcounseling.com/blog/grounding-techniques>

<https://www.headspace.com/articles/meditating-with-ptsd>