



RECOGNIZING POSTTRAUMATIC STRESS DISORDER (PTSD)

At the height of COVID, the rate of PTSD for healthcare workers was 40%

National Institute of Health

TRAUMATIC EVENTS IN HEALTHCARE

A traumatic event is:

- A stressful event that involved actual or threatened death, serious injury or sexual violence
- It is something that happened to you directly, something you witnessed, or something you learned happened to a close family member or friend

Examples:

- Common examples: serious accident; fire; disaster from hurricane, tornado, or earthquake; physical or sexual attack or abuse; war; homicide; suicide
- Healthcare examples: threatened or actual assault at work, death or serious injury to patient that you are involved in or witness



TIPS FOR PICKING A CLINICIAN

Find a clinician trained in one of the following evidence based practices for PTSD treatment:

- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization & Reprocessing (EMDR)
- Prolonged Exposure (PE)
- Written Exposure Therapy (WET)
- Ask when scheduling, and discuss with your clinician during initial appointment
- How you feel in your first meeting with the clinician will be an important predictor of success

Check my symptoms:
PTSD Screener



MYTH BUSTER

Myth: People think they will be in therapy forever

Truth: Most people experience significant improvement in 12 sessions or less of targeted PTSD therapy

MONTHLY RESOURCE



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