POST TRAUMATIC STRESS DISORDER – PTSD and the Military

Questions from the May 16, 2014 webinar.

**In general:**

To learn about PTSD treatments, see: <http://www.ptsd.va.gov/professional/treatment/overview/index.asp>

This page contains links to relevant videos and educational materials.

For free continuing education about many different topics on PTSD, see:

<http://www.ptsd.va.gov/professional/continuing_ed/index.asp>

To search and find scientific literature on PTSD, see the National Center for PTSD, Pilots Database:

<http://www.ptsd.va.gov/professional/pilots-database/index.asp>

**Q I would like to get training in evidenced based treatments for PTSD - I'm currently practicing in mental health with an LICSW - do you have recommendations?**

A You can check on the Center for Deployment Psychology website for training opportunities, <http://www.deploymentpsych.org/>. CDP provides trainings to civilian providers in various cities.

CDP also provides online trainings in evidence-based treatments for PTSD, I suggest looking at their website for more information.

You can also learn more about evidence-based treatments through the Continuing Education section of the NC-PTSD website at http://www.ptsd.va.gov/professional/continuing\_ed/

**Q Any research or anecdotal evidence on the use of medical marijuana for symptom relief?**

A The following article discusses research that may be getting underway: <http://www.armytimes.com/article/20140325/BENEFITS06/303250057/Research-OK-d-into-effects-pot-PTSD-symptoms>

**Q Pharmaceuticals are not tested on people who have traumatic brain injuries, is there any information available regarding harmful side effects when, for example, SSRIs are given to veterans with co-morbid PTSD and TBI - Specifically leading to suicidal ideation?**

A Here are some places to find more information on this and related topics:

General information on medications for PTSD: <http://www.ptsd.va.gov/professional/treatment/overview/clinicians-guide-to-medications-for-ptsd.asp>

Report from a consensus conference on treating co-morbid TBI, PTSD, and pain which discusses practice recommendations: <http://www.ptsd.va.gov/professional/pages/handouts-pdf/TBI_PTSD_Pain_Practice_Recommend.pdf>

There is also a free online 1 hour course on the NC-PTSD website that discusses the pharmacological treatment of PTSD and co-morbid conditions: <http://www.ptsd.va.gov/professional/continuing_ed/pharmacotherapy.asp>

**Q Where can I get more information on the co-morbidity of PTSD and substance abuse?**

A This is a report from a consensus conference on co-morbid PTSD and SUD which discusses practice recommendations: <http://www.ptsd.va.gov/professional/pages/handouts-pdf/SUD_PTSD_Practice_Recommend.pdf>

The NC-PTSD offers a free online 1 hour course on the co-morbidity of PTSD and substance use that you might find helpful: <http://www.ptsd.va.gov/professional/continuing_ed/sud.asp>

**Q I’ve been informed that some individuals find receiving PTSD/Co-occurring disorders services within the VA as re-traumatizing. Are there any independent organizations examining this growing concern?**

A There are a number of researchers examining the effectiveness of PTSD treatments both within and outside of the VA Medical Center. The National Center for PTSD provides resources that address current findings about the effectiveness of available treatments – please see: <http://www.ptsd.va.gov/professional/treatment/overview/index.asp>

You might also consider visiting the Pilots scientific literature database which will allow you to search for research articles on this topic: <http://www.ptsd.va.gov/professional/pilots-database/index.asp>

**Q Do they employ any homeopathic therapies?**

A Find more information about the use of complementary and alternative treatments for PTSD by watching this free 1 hour course from the NC-PTSD:

<http://www.ptsd.va.gov/professional/continuing_ed/compaltmed.asp>

There is also a fact sheet on complementary and alternative treatments for PTSD at <http://www.ptsd.va.gov/professional/treatment/overview/complementary_alternative_for_ptsd.asp>

**Q Please explain what service dogs can do for the veterans with PTSD.**

**Q Are other therapies such as animal-assisted modalities being looked at for effectiveness?**

A There are studies being conducted examining the impact of service animals on mental health. The NC-PTSD discusses the use of service animals in this handout: <http://www.ptsd.va.gov/public/treatment/cope/dogs_and_ptsd.asp>

**Q What is the most common substance abuse diagnosis for returning veterans with PTSD?**

A The NC-PTSD offers a free online 1 hour course on the co-morbidity of PTSD and substance use that you might find helpful: <http://www.ptsd.va.gov/professional/continuing_ed/sud.asp>

Also see the following page in the Public section of the NC-PTSD website: <http://www.ptsd.va.gov/public/problems/ptsd_substance_abuse_veterans.asp>

**Q In years past it was recommended to treat SUD first and then trauma - your thoughts?**

A You may want to take a look at these two resources to learn more about current best practices for treating co-morbid PTSD and SUD:

The report from a consensus conference on co-morbid PTSD and SUD which discusses practice recommendations: <http://www.ptsd.va.gov/professional/pages/handouts-pdf/SUD_PTSD_Practice_Recommend.pdf>

Free online 1 hour course on the co-morbidity of PTSD and substance use: <http://www.ptsd.va.gov/professional/continuing_ed/sud.asp>

**Q Do you have info on using EMDR with someone with TBI?**

**Q The questions on EMDR- what is the success rate of this therapy?**

**Q: I was told that a local VA in my area said EMDR is not offered at their facility? Comment?**

A Below are some resources to learn more about the use of EMDR:

A brief video about EMDR that was posted by the National Center for PTSD. <http://www.youtube.com/watch?v=bnjEr7GVhLo&index=13&list=PL8FBF506DEC670ADF>

There is also a free online 1 hour course that discusses the use of EMDR from the NC-PTSD:

<http://www.ptsd.va.gov/professional/continuing_ed/emdr.asp>

Available services may vary across VA Medical Centers and clinics. You might consider also asking if other evidence-based trauma therapies are available, such as Cognitive Processing Therapy (CPT) or Prolonged Exposure Therapy (PE).

VA clinicians can get help locating where EMDR is offered by contacting our PTSD Consultation Program at [ptsdconsult@va.gov](mailto:ptsdconsult@va.gov)

**Q What is the conversation around PTSD and transference within context of a client/clinician therapeutic relationship?**

A Please see this past issue of the NC-PTSD, Clinician’s Trauma Update (CTU) newsletter which discusses aspects of PTSD treatment, including a summary of an article examining the therapeutic alliance in PTSD treatment, the reference for the article is included in the summary. <http://www.ptsd.va.gov/professional/newsletters/ctu-online/ctu_v7n6.pdf>

You might also consider searching the Pilots literature database to find articles discussing this or similar issues: <http://www.ptsd.va.gov/professional/pilots-database/index.asp>