

Post Traumatic Stress Disorder (PTSD) Treatment in Utah

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Post Traumatic Stress Disorder or [PTSD statistics according to The National Center for PTSD](#) show, "about 6 of every 10 men (or 60%) and 5 of every 10 women (or 50%) experience at least one trauma in their lives. In other words, PTSD is not unique to those enlisted in the military. Even an intense life experience, such as a debilitating addiction to drugs or alcohol (or during the detoxification process) can result in stress and anxiety that is severe enough to be treated as post-traumatic stress.

Often, patients that [enter rehab may discover they have a dual diagnosis](#) or a co-occurring mental illness that must be treated along with the symptoms of addiction. Continue reading to learn more about PTSD causes and post-traumatic stress disorder symptoms, to determine if treatment for negative life experience should be a part of your or your loved one's treatment in Utah.

Is Your Loved One Suffering From PTSD? Pathways Can Help

[Get Help Today!](#)

What is PTSD?

Post-traumatic stress disorder is a mental health disorder that occurs after a person has experienced a traumatic event or life experience. In the past, PTSD has been referred to as "combat fatigue", but we know today that this issue is not exclusive to the military.

Anyone can develop this condition while recovering from the shock of something seen, heard, or experienced. Some situations that can result in PTSD are:

- *The unexpected death of a child or loved one*
- *Persons involved in a severe car accident or fire*
- *Victims of a violent crime such as sexual or physical assault*
- *Childhood abuse, usually physical and/or sexual*
- *Witnessing death, especially in combat*

These post-traumatic stress disorder causes can result in extreme emotions and physical reactions such as re-living the incident through nightmares or flashbacks; bouts of extreme fear, anger, or sadness; and strong negative reactions to ordinary situations that may bring a rush of memories - such as a loud noise, a child crying, or crowds of people.

Post-traumatic Stress Disorder Types

- Normal Stress Response
- Acute Stress Disorder
- Uncomplicated PTSD
- Complex PTSD
- Comorbid PTSD

6 PTSD Symptoms

1. Physical reactions - sweating, tremors, fast heart rate
2. Being 'on edge' or easily startled
3. Nightmares and frightening thoughts
4. Strong feelings of guilt, fear, or depression
5. Loss of interest in people and activities
6. Inability to remember details of an event



Post Traumatic Stress Disorder (PTSD)

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Additionally, once the patient has been properly diagnosed with PTSD, there are a variety of medications to reduce symptoms and enable persons with PTSD to live productive lives. These medications may help improve sleep, treat depression, and reduce anxiety.

Why Choose Pathways?

- Inpatient as well as Outpatient Treatment Option
- Treatment programs designed around each unique client
- Find REAL solutions
- Financing and Insurance Options available
- Pathways team is available 24/7

- Free Assessment

Medications for Post Traumatic Stress Disorder (PTSD)

People suffering from post traumatic stress disorder (PTSD) are afflicted with a profound dread of and a sense of compulsion to react to insignificant triggers by activating the fight or flight response normally engaged in response to threats. They may also have nightmares and even flashbacks associated with the causal experience. This condition is due in part to an imbalance of neurotransmitter chemicals in the brain.

Medications may be used to help PTSD patients avoid dwelling on the experience that afflicted them with PTSD and stop reacting to it and help them feel happier and back to normal.

Various drug types impact the brain chemistry that reacts to triggers of anxiety and fear. Often, physicians treating PTSD patients begin by prescribing medications that engage norepinephrine or serotonin neurotransmitters. Such medications may include:

Sertraline (in Zoloft)

Paroxetine (in Paxil)

Fluoxetine (in Prozac)

Venlafaxine (in Effexor)

NOTE: Paroxetine and sertraline are FDA approved for post traumatic stress disorder treatment.

Other kinds of medications used for treating some PTSD patients may include:

Antipsychotics

Antidepressants

Monoamine oxidase inhibitors

Benzodiazepines

Additional medications might be recommended for particular symptoms, such as insomnia, depression, bipolar disorder, anxiety, substance use disorder (SUD), or other co-occurring disorders.

Medications are not likely to eliminate PTSD symptoms entirely, but they may lessen those effects and help make them much easier for the patient to manage.

Therapy for PTSD

Therapeutic objectives in post traumatic stress disorder treatments include decreasing symptoms and helping the patient develop skills for coping with PTSD more calmly and uneventfully. They also include restoring the individual's self-esteem which can be severely damaged by the experience that afflicted them with PTSD. Options in either or both individual and family sessions are considered by therapists and patients in determining the best course of treatment.

Cognitive Processing Therapy

The majority of PTSD therapies are versions of cognitive behavioral therapy (CBT). These therapies are focused on helping patients adjust thought patterns that are disrupting their lives. The sessions can take the form of talking to work through traumas or exploring where the inordinate fears are originating and how they are impacting the patient's life.

Ultimately the treatment is directed at helping the patient find ways to live with the knowledge of the traumatic experience without reacting to the triggers that repeatedly cause them to be mentally disrupted.

Other possible options for additional therapies may include these, among others: Prolonged Exposure Therapy, Eye Movement Desensitization and Reprocessing, and Stress Inoculation Training, therapies for co-occurring disorders.

Beyond PTSD

If you are struggling with PTSD, it may seem as if you will never be able to regain control of your life. But the good news is that the condition is treatable. With appropriate psychotherapy and/or medications, patients tend to get very good results at post traumatic stress disorder treatment centers here in Utah and throughout the United States.

[Get Help Today!](#)

Frequently Asked Questions on Post Traumatic Stress Disorder (PTSD)

[Who is at risk for PTSD?](#)

[What is the difference between Acute Stress Disorder and PTSD?](#)

[Is PTSD treatment effective?](#)

[What are the long-term effects of PTSD?](#)

[How to help someone with PTSD?](#)

Can you get PTSD from emotional abuse?

Is anger related to PTSD?

How long does it take PTSD to develop?

Pathways Offers PTSD Treatment Services in Utah

Consider a [therapist in Utah at Pathways for PTSD treatment](#) as part of your medical team to help you or your loved one recover from post-traumatic stress disorder by learning to detach from the trauma and live each moment and each day free from the past.