

Post Traumatic Stress Disorder (PTSD) Treatment in Utah

 pathwaysreallife.com/post-traumatic-stress-disorder-ptsd-treatment-in-utah



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 post-traumatic stress disorder (PTSD)? We are here to help you.

[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:

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- *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.

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 Treatment

If you or a loved one are experiencing post-traumatic stress disorder symptoms, with or without co-occurring drug or alcohol abuse, [contact Pathways Drug Rehab in Utah](#) to learn more about the symptoms and treatment programs that can bring peace and comfort to those that suffer after major life experience. Mental health counseling is often key to helping people face and overcome traumatic memories. There are many behavioral treatments that have been approved for PTSD treatment including:

- [Cognitive behavior therapy \(CBT\)](#)
- Cognitive Processing Therapy (CPT)
- Prolonged Exposure Therapy (PET)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Stress Inoculation Therapy

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

[Get Help Today!](#)

Pathways for PTSD Treatment 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.