



PTSD and recovery by Dr. Olav Opedal, psychologist, and VFW Post 683 Surgeon

PTSD

Post-traumatic Stress Disorder, PTSD, DSM5 code 309.81- ICD code F43.10 includes four areas of symptoms: a) re-experiencing the event, b) changes in arousal, c) avoidance, and d) negative changes in thoughts and mood (APA, 2013). Symptoms must last one month before a diagnosis can be given.

Individuals with PTSD experienced actual or threat of death, serious injury, or sexual violence either a) directly, b) witnessing events that occurred to others, c) learned that friends or family experience traumatic events, and d) experiences of repeated or extreme exposure to traumatic events. War veterans frequently suffer from depression in addition to their PTSD symptoms. PTSD is often found in military personnel, police officers, firefighters, and emergency medical workers and similar high-risk professions.

Treatment and Recovery

VA lists the following therapy methods: a) Cognitive Processing Therapy, CPT, b) Prolonged Exposure, PE, and c) Cognitive Behavioral Conjoint Therapy, CBCT. In addition to talk therapy, VA lists anti-depressants, such as selective serotonin re-uptake inhibitors, SSRI as treatment options. Individuals with PTSD frequently have substance disorders and mood and anxiety disorder. This require a more complex treatment as all aspects has to be treated.

Resources:

<https://www.mentalhealth.va.gov/ptsd/treatment.asp>

[AboutFace](#) stories by Veterans with PTSD

[National Center for PTSD](#)

For combat veterans: [Vet Centers](#)

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