

**Treating PTSD With Cognitive-Behavioral Therapies:  
Interventions That Work (Concise Guides On Trauma Care  
Book)**

**By Candice M. Monson and Philippe Schnaider**

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Aug 22, 2013 Cognitive Behavioral Therapy can help people with PTSD look at their behaviors and then use strategies, like relaxation techniques, to overcome the fears

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About Sara Staggs, LICSW, MSW, MPH Sara Staggs, LICSW, MSW, MPH is the Senior Trauma Therapist at the DC Rape Crisis Center. She is trained in Cognitive Behavioral

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Afghanistan have enabled researchers to learn a lot more about how best to treat post-traumatic stress disorder a form of cognitive behavioral therapy,

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is an adaptation of the evidence-based therapy known as cognitive behavioral therapy in treating PTSD Posttraumatic stress disorder; Cognitive

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"Blending years of experience with traumatized patients, the authors have provided us with an outstanding manual to guide us in the evaluation and treatment of PTSD

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Cognitive Behavioral Therapy. Cognitive behavioral therapy (CBT) Eye movement desensitization and reprocessing therapy (EMDR) is used to treat PTSD.

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Post-traumatic stress disorder treatment can help you regain a sense of control over your life. Cognitive behavioral therapy; Psychotherapy; Show more Show less.

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Cognitive behavioral therapy (CBT) is one type of counseling. Research shows it is the most effective type of counseling for PTSD. The VA is providing two forms of

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### **Cognitive Behavioral Treatment for Posttraumatic -**

A number of Cognitive Behavioral Therapy (CBT) approaches are available for treating child and adolescent posttraumatic stress disorder (PTSD).

### **PsycNET - Display Record -**

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