

Non-Pharmacologic Treatments for Post Traumatic Stress Disorder (PTSD)

Presented by:

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Adapted from slides presented by:

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I love outpatient mental health and working with the Veteran population

About Me

- Pronouns: she/her/hers
- From NJ →
- University of Pittsburgh
(undergrad and pharmacy school) →
- PGY1 Ambulatory Care
Pharmacy Resident - Madison
VA →
- PGY2 Psychiatric Pharmacy
Resident - Madison VA

Objectives

Understand

Understand the different types of non-pharmacologic treatments for PTSD

Explain

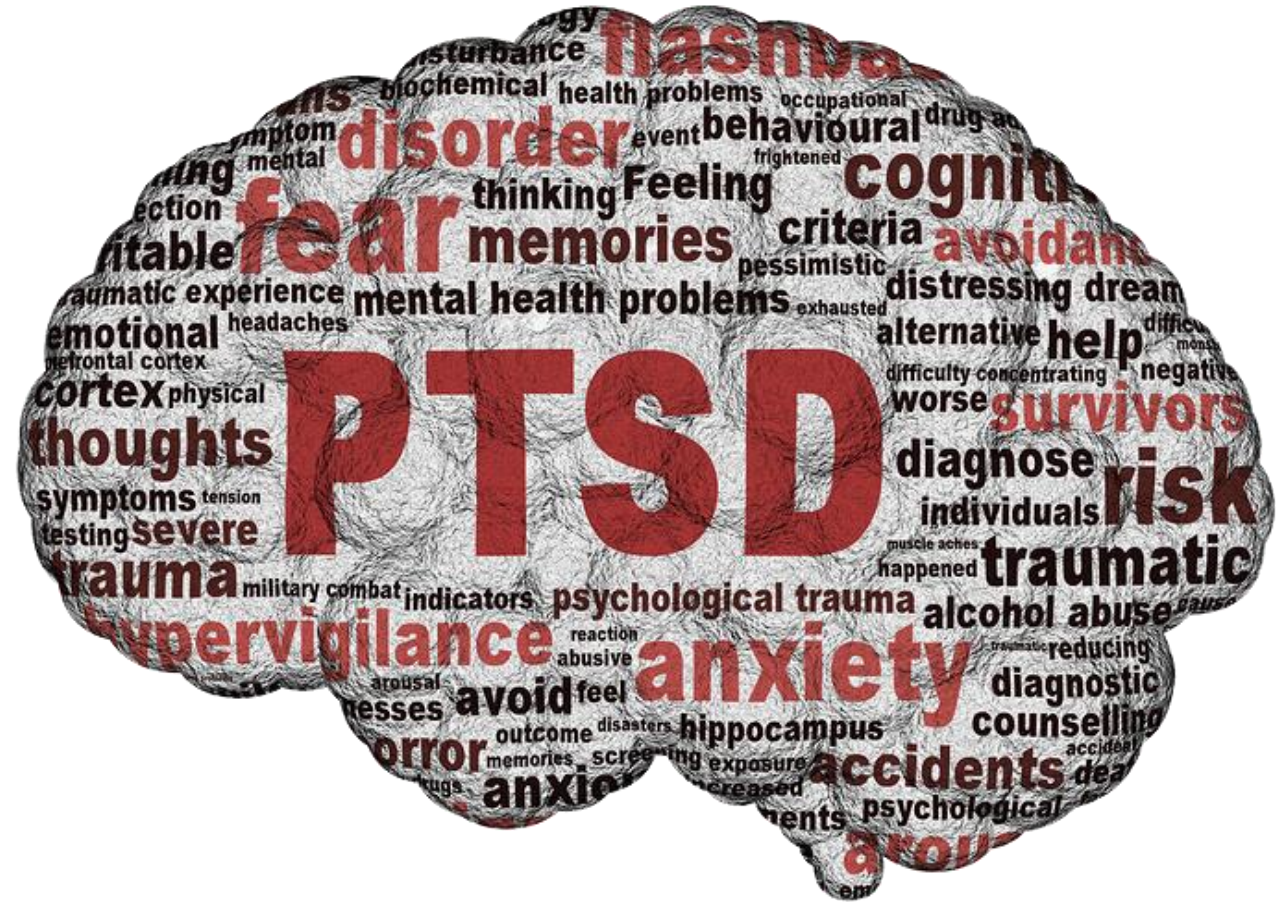
Explain non-pharmacologic treatments for PTSD to patients

What is the Gold Standard Treatment for PTSD?

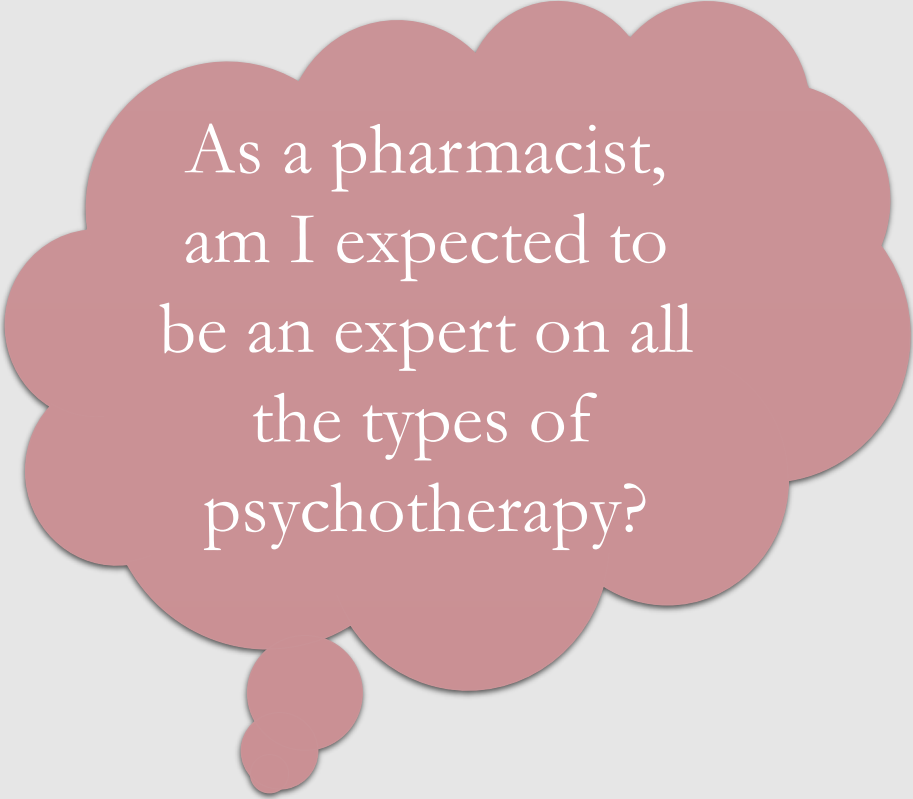
Therapy

- *Evidence-based psychotherapy > pharmacotherapy.
 - (1st line in PTSD) if patient motivated and ready.

EVIDENCE-
BASED
PSYCHOTHERAPIES



You may wonder...



As a pharmacist,
am I expected to
be an expert on all
the types of
psychotherapy?



Motivational
interviewing

Treatment Considerations

Psychotherapy

- Prolonged Exposure Therapy (PET)
- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization and Reprocessing (EMDR)

Prolonged Exposure Therapy (PET)



- Confronting trauma cues to address and lessen importance of distressful symptoms
- Utilizes breathing and anxiety management techniques
- Re-experiencing events verbally, virtually, or in written form

- https://www.youtube.com/watch?v=rHg_SlE_qJGc

Prolonged Exposure Therapy (PET)

2 minute video

Cognitive Processing Therapy



- Writing detailed accounts of trauma and reading it in front of a therapist, and at home
 - Analyzed to identify coping strategies
 - Socratic questioning - asking questions about the event allowing patients the opportunity to consider the context of the event outside of their emotions surrounding it
- Exposure to memories of the trauma
- Cognitive > Behavioral

- <https://www.youtube.com/watch?v=Jqj5zDbkPxY>

Cognitive Processing Therapy (CPT)

2 minute video

Eye Movement Desensitization and Reprocessing (EMDR)

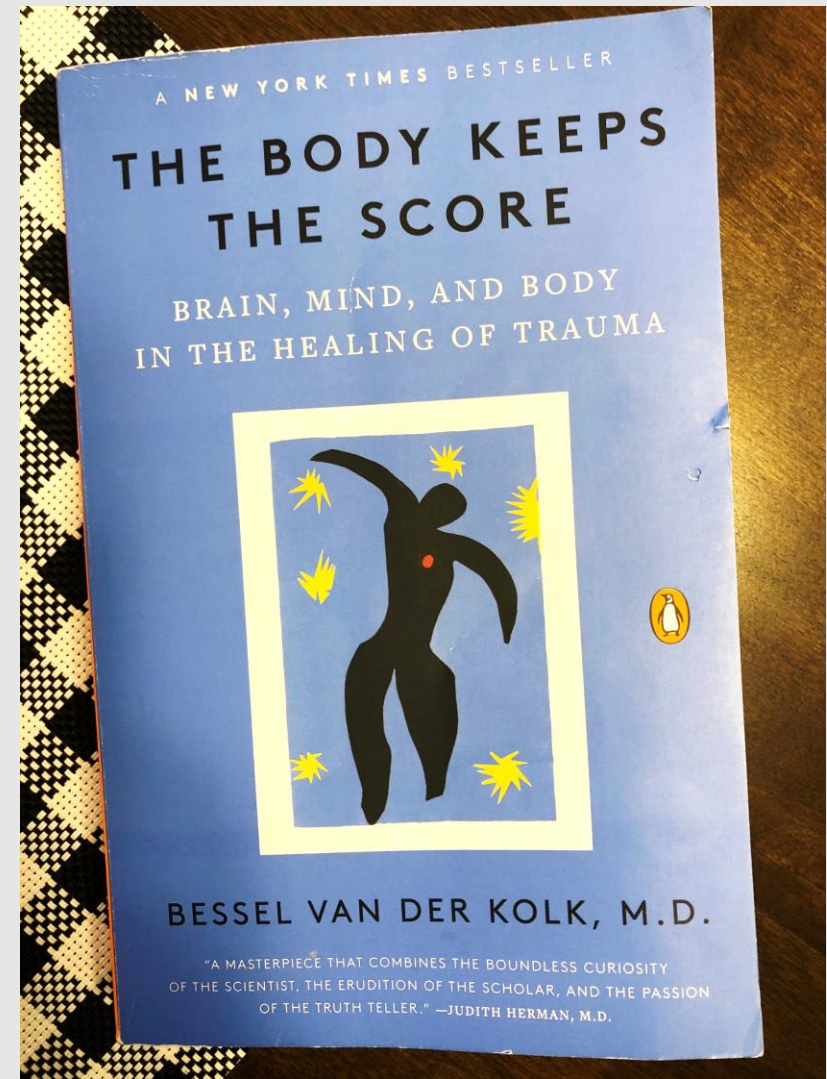
- Incorporating fast movements of the eyes during re-exposure to trauma
- Components of this therapy:
 - Imagining scene from traumatic event focusing on emotions and thoughts
 - Therapist moves two fingers across the patient's visual field, instructing the patient to track the fingers
 - Sequence is repeated until anxiety decreases
 - Patient instructed to generate adaptive thoughts
 - Example: hurricane survivor
 - “My house is going to crush me.”
 - “I’m here now. I’m safe. I survived.”



“Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives.”

- Bessel Van der kolk, M.D.

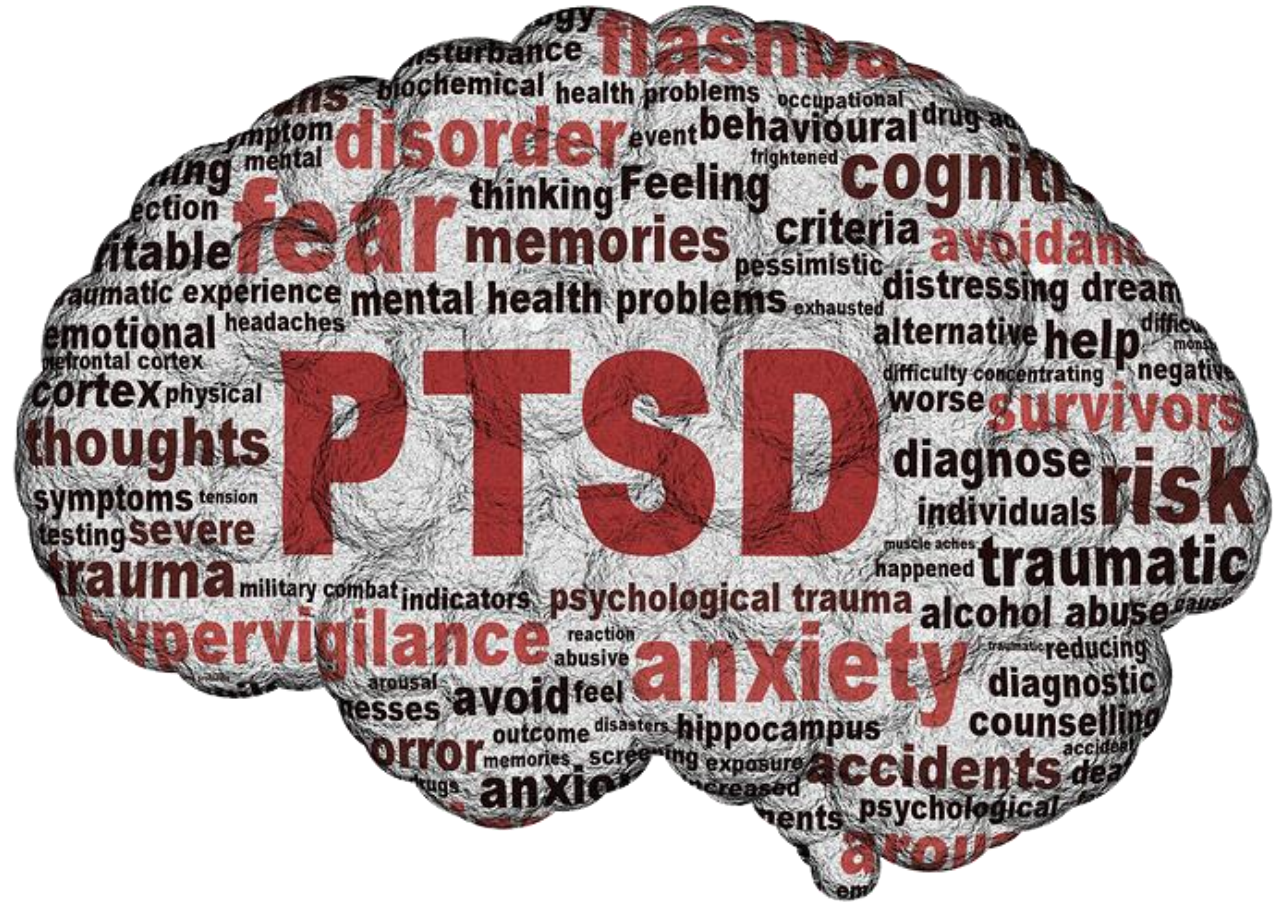
Recommended Read

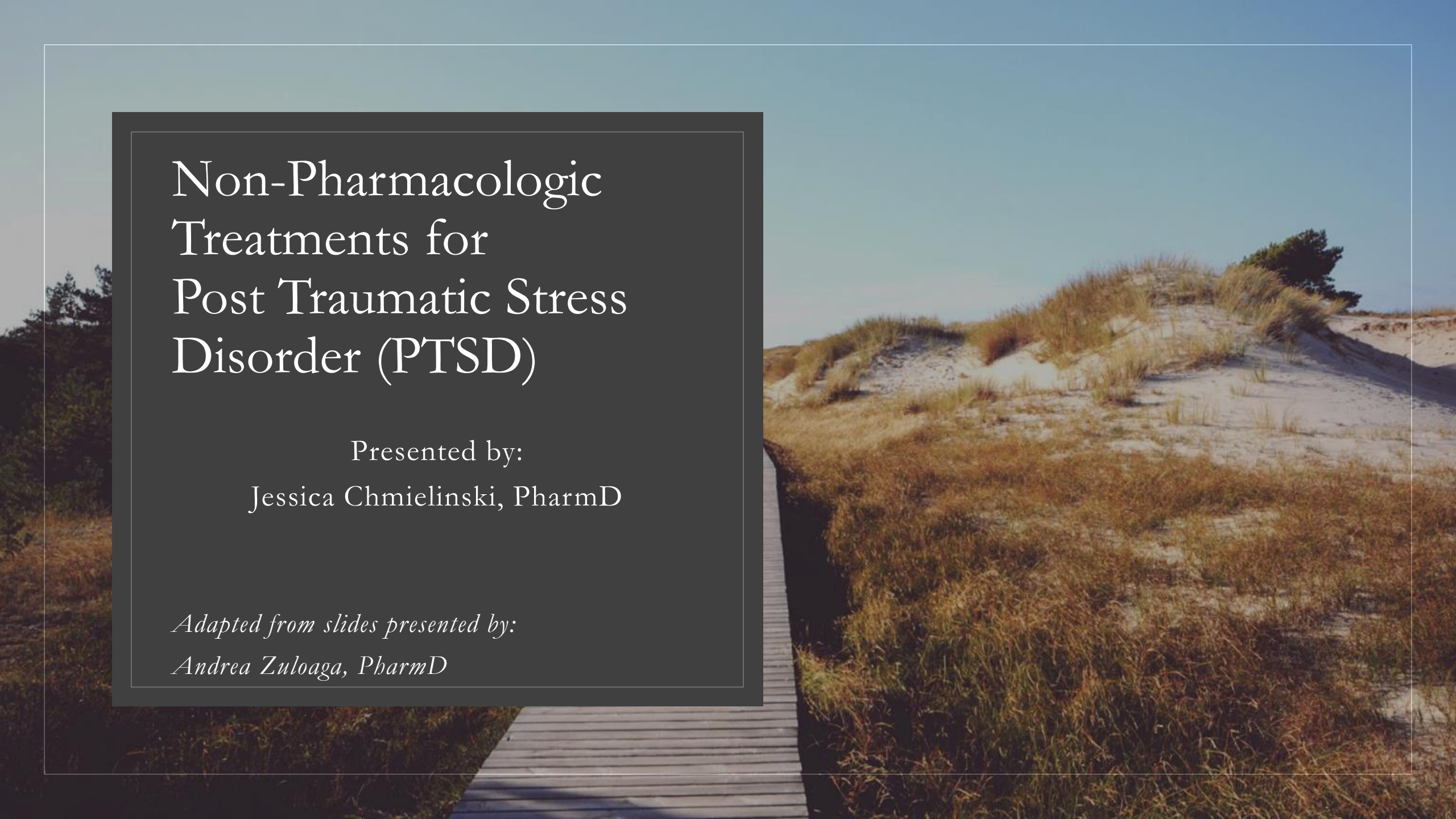


Key Takeaways:

- 1st line treatment for PTSD is evidence-based psychotherapy
- Not every patient is ready for 1st line treatment
- Meet the patient where they are at
 - Evidence-based medications
 - Non-trauma focused therapy

QUESTIONS?
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