

★ What It Is ★

Prolonged Exposure Therapy (PE) is a research-supported, short-term, effective therapy to address symptoms of Post-Traumatic Stress Disorder (PTSD).

★ How It Works ★

PE helps you process traumatic events by gradual and repeated exposure to trauma-related memories, emotions, and situations. PE is typically 8-15 weekly sessions.

★ What It Helps ★

PE is an effective treatment for PTSD. It is considered a “Gold Standard” treatment, meaning that it has the highest level of research evidence to support its use.

Counseling Sessions Focus On

- Learning about symptoms of PTSD
- Learning breathing techniques to manage distress
- Imaginal exposure: Repeatedly revisiting the traumatic memory in a safe environment, describing the event aloud in detail
- In vivo exposure: Repeatedly engaging in activities, situations, or behaviors that have been avoided since the trauma, but are not normally dangerous

Goals Include

- Reengaging with people, places, activities, and thoughts you have been avoiding
- Improving your feelings of safety, competence, and well-being
- Developing healthier and more realistic ways of seeing the world
- Changing unhealthy, unhelpful behavioral patterns

★ ★ ★ Ask your clinician about PE today ★ ★ ★

