

Post Traumatic Stress Disorder Best-Practice Intervention Strategies*

- Conduct client education about PTSD
- Confirm proper diagnosis and presence of additional diagnosis (e.g., Depression, Anxiety)
- Increase awareness of symptoms
- Identify events that trigger stress
- Decrease guilt, shame, or anger
- Confirm compliance with medications and monitor for side effects
- Develop effective relaxation skills
- Increase coping skills to manage anxiety
- Develop or increase anger management skills
- Increase social/communication skills
- Conduct education on relapse prevention and warning signs
- Consider appropriate medication for repetitive nightmares, flashbacks, and mood lability