**PTSD has a wide range of treatments**

**\*\*\*SOT\*\*\*  
Dr. Ari Lakritz [ARR-ee // LACK-ritz], psychologist at OSF HealthCare in Alton, Illinois**

“Memories of the event. Dreams or flashbacks. Avoidance of stimuli associated with the trauma.” (:06)

**\*\*\*SOT\*\*\*  
Dr. Ari Lakritz [ARR-ee // LACK-ritz], psychologist at OSF HealthCare in Alton, Illinois**

“This particular set of symptoms can often very much look like depression.” (:04)

**\*\*\*SOT\*\*\*  
Dr. Ari Lakritz [ARR-ee // LACK-ritz], psychologist at OSF HealthCare in Alton, Illinois**

“Try to reframe [the beliefs]. Try to make a different end to the story. Try to change their thoughts about what happened and about their future and their ability to recover.” (:12)

**\*\*\*SOT\*\*\*  
Dr. Ari Lakritz [ARR-ee // LACK-ritz], psychologist at OSF HealthCare in Alton, Illinois**

“teaches people to gradually approach the trauma in increasingly closer ways.” (:06)

**\*\*\*SOT\*\*\*  
Dr. Ari Lakritz [ARR-ee // LACK-ritz], psychologist at OSF HealthCare in Alton, Illinois**

“The more useful part is when they talk about the help they got.” (:03)