

## 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)

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

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"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)

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

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