



Dr. Tracy's Counseling Services

20 years of experience

Q: I served in Iraq and feel like I still am having difficulties adjusting to life and may have post-traumatic stress disorder (PTSD), is there therapy available?

A: Psychotherapy is an effective treatment for post-traumatic stress disorder and survivors of trauma. Therapy always is individualized to meet the specific concerns and needs of each unique trauma survivor, based upon careful interview and questionnaire assessments at the beginning of (and during) treatment. Trauma therapy is done only when the patient is not currently in crisis. If a patient is severely depressed or suicidal, experiencing or disorganized thinking, in need of drug or alcohol detoxification, or currently exposed to trauma, these crisis problems must be handled first.

When a shared plan of therapy has been developed within an atmosphere of trust and open discussion by the patient and therapist, a detailed exploration of trauma memories is done to enable the survivor to cope with post-traumatic memories, reminders, and feelings without feeling overwhelmed or emotionally numb.

The goal of "trauma focused" exploration is to enable the survivor to gain a realistic sense of self-esteem and self-confidence in dealing with bad memories and upsetting feelings caused by trauma; trauma memories usually do not go away entirely as a result of therapy, but become manageable with new coping skills.

Uncomplicated PTSD involves persistent re-experiencing of the traumatic event, avoidance of events associated with the trauma, emotional numbing, and symptoms of increased arousal. It may respond to cognitive-behavioral, psychotherapy, pharmacological or combination approaches.

Of the various types of psychotherapy, the one most widely accepted as useful for PTSD is cognitive-behavioral psychotherapy (CBT). CBT is a relatively structured kind of psychotherapy. It involves teaching the patient specific techniques within a limited number of sessions (with "homework exercises" between sessions). The therapist and patient clearly agree on the goals of the therapy. Other techniques, such as relaxation, self-talk and assertiveness training may also be used.

PTSD is very common among people who have served in combat or witnessed combat situations. Counseling is an effective intervention to gain back control of your life.

Specializing in the treatment of:

Anxiety and Depression ~ Addictions

Trauma and Grief ~ General Coping Issues

State approved to provide OWI assessments,

substance abuse assessments and substance abuse treatment

Family Interventions ~ Couple Counseling

Women's Issues ~ Workplace Stress

Most insurance accepted.

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