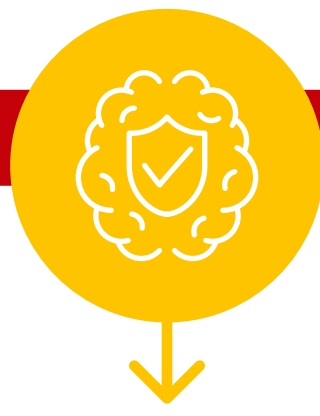


# Care for PTSD & Trauma



**Post-traumatic stress disorder (PTSD) is a physical and emotional response to trauma, but you don't have to navigate it alone.**

Explore the expert-led paths and proven tools available to help you manage your symptoms and reclaim your life.



## Medication



### Core treatments.

Sertraline (Zoloft) and paroxetine (Paxil) are two first-line medications to treat PTSD directly by balancing brain chemicals.

### Symptom-specific support.

Other medications can help manage PTSD and address specific disruptive symptoms, such as depression, anxiety or sleep problems.

## Therapy

Talk therapy (also called psychotherapy) can help you safely process trauma and build healthy coping tools for long-term healing.



1

**Cognitive processing therapy (CPT)** helps you identify and replace negative trauma-related thought processes.

2

**Eye movement desensitization and reprocessing (EMDR)** helps you reprocess difficult memories, behaviors and beliefs while focusing on a light, sound or light touch.

3

**Prolonged exposure (PE)** helps you work through difficult memories, behaviors and beliefs that can maintain PTSD symptoms when avoided or repeated.



## Virtual Reality

While talking with your therapist, you immerse yourself in a 3D interactive environment through a VR headset to reprocess your difficult memories. Once reprocessed, the memories interfere with one's life less, and PTSD symptoms are reduced.

**Concerned about PTSD? Find a doctor today:**  
[weillcornell.org/doctors](https://weillcornell.org/doctors)