

From: [Secor, Kevin](#)
To: [Undisclosed recipients:](#)
Subject: Types of PTSD Providers and their Training: PTSD Monthly Update - March
Date: Tuesday, March 18, 2014 1:41:00 AM

PTSD Monthly Update



In This Issue



- [Feature Topic](#)
- [For Providers](#)
- [For VA Providers](#)
- [Research at the Center](#)
- [PTSD in the News](#)

March 2014 Issue

Subscribe

Forward this to others so they can **subscribe** to the PTSD Monthly Update or other products by the [VA's National Center for PTSD](#).

Feature Topic

Types of PTSD Providers and their Training

Finding someone trained to treat PTSD can be challenging. If you or a loved one is struggling after going through some type of trauma, this makes the process even more difficult. Below is some information we hope will help. Overall you want to find a therapist who has experience in dealing with trauma and is trained in cognitive behavioral therapy or other [effective treatments for PTSD](#).

Types of Therapists

The types of professionals who provide treatment for issues following trauma include clinical psychologists, clinical social workers, master's level clinicians, and psychiatrists. See [Types of Therapists](#) to learn more about each type.

Finding a PTSD Therapist

Explore how to [find a PTSD therapist](#) (includes a section specific to Veterans). In addition to using the Web, you can:

- Contact your doctor to ask for a recommendation.
- Call your insurance company to find out which providers they cover.
- Check the yellow pages in your local phone book.
- Also see [Where to Get Help for PTSD](#).

Choosing a Therapist

When choosing a therapist, there are practical issues to

consider (e.g., location, cost, therapist's training). Your therapist should explain the therapy, how long treatment is expected to last, and how to tell if it is working. Learn more about [Choosing a Therapist](#) including what questions to ask before therapy and ways to make your therapy a good fit.

Careers in PTSD Care

Are you looking to become a provider who will help people following trauma? Becoming a PTSD therapist requires training and licensure as one of the provider types mentioned above. See the Provider section of this update to learn more about specific training in PTSD treatments.

Want to work for VA? VA hiring decisions are made locally. Visit www.VAcareers.va.gov and look under "Mental Health" to search for open positions. Or see [Positions Available](#) to find graduate-level internships and positions with the National Center for PTSD.

[back to top](#)

For Providers

Specializing in Care for those with PTSD

To become qualified in the treatment of PTSD we suggest providers follow PTSD Clinical Practice Guidelines and obtain skills in evidence-based PTSD treatments. There is currently no academic credential for specialized training in PTSD care, although private training certification is sometimes available (such as from EMDRIA).

- [PTSD Treatment Overview](#): Learn about effective PTSD [psychotherapies](#) and [medications](#). Take a course or sign up to receive regular updates.
- [VA/DoD PTSD Clinical Practice Guideline and Tools](#): Find the guideline plus a Pocket Guide, PTSD Provider Tool Training, Guide for Clinic Leaders, and a booklet for families.

Free PTSD Training

To help you become the best PTSD care provider, we provide online training in an updated [PTSD Continuing Education section](#). Filter to locate opportunities that meet your accreditation needs or find relevant topics.

We'd love to hear your feedback about this new section. Email us at ncptsd@va.gov.

From the War Zone to the Home Front Series 2014

On March 20, a new season of this popular training series makes its debut. In nine live, online sessions, top experts discuss post-war issues facing Veterans and their families. Free CE/CMEs offered. Also archived for convenience.

Thursdays at 11:30 am - 12:30 pm ET

- **3/20 - Is There an App for That? A Consumer's Guide to Tackling the Invisible Wounds of War using Mobile Apps and Online Technology**
- **3/27 - Staying Strong: helping families and schools build resilience in military-connected children**
- **4/3 - Case Consultation: When Substance Abuse and PTSD Collide**
- **4/10 - Reproductive Mental Health in Younger and Older Female Veterans**

Learn more and [register today](#).

[back to top](#)

For VA Providers

2014 VA PTSD Consultation Program Lecture Series

Subscribe: Learn about our PTSD Lectures

VA staff, please [sign up for VA Staff PTSD Updates](#) to receive monthly notices that include a registration link and instructions for joining the live lectures.

Next Lecture in the Series

- **4/16 at 2 pm ET - Sonya Norman, PhD and Dan Kivlahan PhD on *Update on Treatment of PTSD and Substance Use Disorder***

Mark your calendar for the 3rd Wednesday of each month at 2 pm ET.

Free PTSD consultation for

anyone working with Veterans.
Call 866-948-7880 or
Email PTSDconsult@va.gov.

[back to top](#)

Research at the Center

Evaluation of Online Training

The Center is evaluating the use of online training paired with consultation to train providers in cognitive behavioral therapies (CBT) to treat PTSD. Project OUTFIT teaches two core CBT skills to practitioners treating Veterans for PTSD. Another project evaluates the online webinar [STAIR](#) together with phone consultation. Stay tuned for results.

[back to top](#)

PTSD in the News

Mobile Psychology. A review of several mobile phone apps including [PTSD Coach](#), which contains hundreds of "bite-sized" evidence-based cognitive and behavioral interventions. [Read more.](#)*

Bush Wants Change in How PTSD is Handled.

PTSD can affect anyone who's gone through a traumatic situation. It is treatable. And there are reasons for the "D". [Read more.](#)*

Suicidal Tendencies Are Evident Before Deployment, Study Finds. Based on the ARMY STARRS initiative, three papers in JAMA Psychiatry discuss this issue. [Read more.](#)*

Be sure to forward this update to others so they can [subscribe](#). We send only one update per month to keep you informed of the latest PTSD developments.

Feature Topic next month: Social Support

The Staff of VA's National Center for PTSD

[back to top](#)