

## PTSD has a wide range of treatments

Run time - :32

LEDE: Model Hailey Bieber revealed she's suffering from post-traumatic stress disorder. Tim Ditman of OSF HealthCare reports there is hope for people with PTSD.

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OSF psychologist Doctor Ari Lakritz (ARR-ee // LACK-ritz) says memories of a traumatic event cause changes in a person's mood. One treatment is cognitive processing therapy.

*SOUNDBITE: "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."*

Prolonged exposure therapy has people gradually approach the trauma.

I'm Tim Ditman.

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TAG: Treatments also include medicine and things outside a doctor's office like working with animals. If you are having mental health issues, call your doctor, a trusted friend or family member or the 9-8-8 hotline.