

# Posttraumatic Stress Disorder: An Integrated Working Model

---

Traditional treatment modalities of Posttraumatic Stress Disorder (PTSD) have proven effective for only 50% of the effected population (National Research Council, 2008). Some suggest that for many soldiers, veterans, and victims of abuse and torture, traditional treatment fails to incorporate “the whole patient”; a general systems approach (Xenakis, 2014). Posttraumatic Stress Disorder has a difficult presentation often accompanied by confounding illnesses such as mild brain injuries (mTBI), chronic postconcussion syndrome, depression, anxiety, sleep disturbance, pain disorders and family and relational problems, just to name a few. PTSD is often treated by “multiple, uncoordinated treatments that often exacerbate the problems rather than cure” it.

At Open Arms, our clients are more than just a list of symptoms. They are people with unique differences and individual needs. Our goal is to provide a customized approach that incorporates a “holistic”, collaborative, coordinated approach to both assessment and treatment: A system that focuses not only on symptom reduction, but also on improved Quality of Life.

At Open Arms Behavioral Health, we provide “strategies that map out functional goals and objectives” (client and clinician working together) customized to meet the needs of each person served.

## *We provide:*

- A meticulous comprehensive assessment of your history (to include pre and post time of injury), previous medical, pharmacological, psychological/therapeutic interventions, present symptoms and Quality of Life.
- Ongoing assessment throughout treatment.
- Individualized coordinated treatment to include, but not limited to:
  - Prolonged Exposure Therapy
  - Cognitive-Behavioral Therapy
  - Marriage and Family Therapy
  - Equine Assisted Psychotherapy (EAGALA Model)
  - Trauma Focused Yoga
  - Individual and Family Group Therapy
  - Mindfulness Training
- A collaborative approach that coordinates treatment with outside agencies to maximize positive outcomes for our clients.