

Three Effective Therapies for PTSD at Behavioral Sciences of Alabama

At Behavioral Sciences of Alabama, we are dedicated to providing evidence-based treatments for post-traumatic stress disorder (PTSD). Our experienced professionals are dedicated to helping you establish goals and devise effective strategies for healing and personal growth. We offer three distinct and effective approaches to treating PTSD: Prolonged Exposure (PE), Written Exposure Therapy (WET), and Ketamine-Assisted Psychotherapy (KAP).

Ketamine-Assisted Psychotherapy (KAP)

Behavioral Sciences of Alabama is pleased to offer Ketamine-Assisted Psychotherapy (KAP), a cutting-edge intervention that combines medicine and talk therapy. KAP typically involves one medicine session and one integration session each week for a minimum of four weeks. The process includes medical and mental health screenings, preparatory sessions, and follow-up integration sessions. KAP has shown promise as a treatment for PTSD, though the use of ketamine in this context is off-label. We ensure you are fully aware of this and are committed to providing the most up-to-date treatments available.

Prolonged Exposure (PE)

Prolonged Exposure is a well-established treatment for PTSD. It typically involves 8-15 weekly sessions, each lasting 90 minutes. PE includes both imaginal exposure, where you revisit and recount the traumatic memory, and in vivo exposure, where you engage with safe trauma reminders in real-life situations. It also includes breathing retraining and psychoeducation about PTSD. Extensive between-session homework is a key component. PE has a strong research base supporting its efficacy.

Written Exposure Therapy (WET)

Written Exposure Therapy is a briefer intervention, consisting of 5-7 sessions, each lasting 45-60 minutes. WET focuses solely on written imaginal exposure. You will write about a specific traumatic event for 30 minutes each session. There is no between-session homework. WET has shown promising results in treating PTSD and is particularly convenient for individuals in controlled environments due to its ease of implementation and rapid effects.

If you would like to learn more about any of these therapies or schedule a consultation, please contact our office at 256-883-3231 or email Jessica Schofield. We are here to help you achieve your goals and lead a meaningful, productive life.