

Frequently Asked Questions (FAQs) & Responses regarding PTSD



What is a definition of PTSD?

PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. If symptoms last more than a few months, it may be PTSD. The good news is that there are effective treatments.

How does it differ from Moral Injury (MI)?

PTSD is based on the fear and life threatening danger with symptoms of physiological arousal, exaggerated startle response, hypervigilance, and difficulty concentrating. MI develops in response to perceived "damage" to one's morality. There is an overlap between MI and PTSD, including anger, depression, and anxiety. Feelings of guilt, shame, and detachment can be more prevalent with MI. An individual can experience MI without a diagnosis of PTSD (and vice versa).

What services does VA North Texas provide for PTSD?

Whether you just returned from a deployment or have been home for 40 years, it's never too late to get help for PTSD. Getting counseling or treatment can help you manage your symptoms and keep them from getting worse. **We have almost 200 PTSD treatment programs across the country that offer:**

- 1-to-1 mental health assessment and testing to figure out if you have PTSD
- Medicine proven to work for treating PTSD
 - 1-to-1 psychotherapy (also called talk therapy). This includes proven methods like Cognitive Processing Therapy (CPT).
- 1-to-1 family therapy
- Group therapy for special needs, like anger or stress management, or combat support
- Group therapy for Veterans who served in certain combat zones or experienced similar traumas

Our National Center for PTSD is the world leader in PTSD research, education, and treatment. [Find a VA of North Texas center close to you.](#)