

Redefining Reality in PTSD

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Resources for Providers

Books on the Psychology of Moral Injury

On Killing and *On Combat* by Dave Grossman

Civilian Provider Resources For Caring For Veterans

National Center for PTSD

VA/DOD Clinical Practice Guideline for the Management of Post Traumatic Stress Disorder and Acute Stress Disorder 2017

Patient Handouts and Provider Reference Cards



PTSD Coach



CBT-i



Tetris

Mood Coach

LifeArmor

Breathe2Relax

Tactical Breather

VetChange

Meditation

Mindfulness

Concussion Coach

Moving Forward

Virtual Hope Box

1

TRAUMA BASED
THERAPIES MOST
EFFECTIVE

2

AVOID
BENZODIAZEPINES
FOR PTSD SYMPTOMS

3

PREVENTION
THROUGH PAIN
CONTROL AND
MEMORY DISRUPTION