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APA Lit. Review Outline

Post Traumatic Stress Disorder is something that affects a lot of varying people: veterans, rape victims, and more are all vulnerable to this disorder. The five articles that I have chosen all have a lot to say concerning PTSD and its treatments. By far, Evidence-Based Treatments (EBT) are the most effective. Of the EBT's, the most common are Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE).

While these are the top therapies for treating PTSD, there are still plenty of problems that go with treating PTSD using EBT's. The researchers in these articles unanimously agree, and their research suggests, that more research is needed in order to successfully treat PTSD. Successful treatment of PTSD includes creating a wider reach to victims in rural areas, training community social workers to treat PTSD, and understanding residual symptoms following EBT for PTSD.

Along with the strategies that these articles present, I will also explore clinicians' experiences regarding treating PTSD using EBT's. Clinicians present both pros and cons to CPT and PE.

I will be synthesizing all these articles and the research they cover to include to general headings: Getting EBT's more readily available to those who are not able to receive them and to improve upon where these treatments still lack. Each one of these articles lays out specific directions for how to achieve these goals. I will close this paper with how PTSD continues to plague all social groups and how treatment for this pandemic continues to develop.