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VETERANS HEALTH ADMINISTRATION UPDATE



Clinician's Trauma Update - Online (6 issues/yr)



CLINICIAN'S TRAUMA UPDATE-Online

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For COMPLETE summaries, see this month's CTU-Online PDF on our website:

http://www.ptsd.va.gov/professional/newsletters/ctu-online/ctu_V7N6.pdf

Special Journal Issue

Substance use and mental health in Servicemembers and Veterans

The [February 2014 issue of Addictive Behaviors](#) examines various questions related to substance use and comorbid problems in military personnel. Fifteen articles cover a wide range of topics, including PTSD, MST, quality of life, treatment, sleep, and homelessness, among others. We feature two articles in this month's CTU-Online.

Treatment

Will Cognitive Processing Therapy work for me (or for my patient)?

There are now a variety of effective treatments for PTSD, but there is very little information to guide decision-making by patients who want to know if a treatment will be effective for them. Clinicians need answers as well. Three new studies of Cognitive Processing Therapy help answer this question. [Read more...](#)

New findings on DCS for exposure therapy

D-cyclosterine (DCS), a medication used for treating tuberculosis, facilitates fear learning and extinction in animals and reduces the length of treatment for some anxiety disorders. Prior studies in PTSD patients have yielded discouraging results, but a new study reports that DCS enhanced the outcomes of virtual reality exposure therapy for PTSD. [Read more...](#)

Therapeutic alliance in Prolonged Exposure: If it's broke, fix it

Some clinicians may believe that evidence-based treatments for PTSD, such as Prolonged Exposure, minimize the importance of the therapeutic relationship. In reality, building the provider-patient alliance is a key part of PE. A study led by investigators from Case Western Reserve University showed just how significant alliance is to treatment outcomes. [Read more...](#)

Long-term sleep outcomes of CPT and PE

A 2009 reanalysis of data from a 2002 randomized controlled trial comparing PE and CPT found that both treatments improved sleep problems in women with rape-related PTSD (see [June 2009 CTU-Online](#)). However, the results also showed that the women continued to experience clinically significant sleep issues. In an analysis of data from the same study, researchers from the National Center for PTSD and VA Boston took a look at the trial's long-term follow-up. [Read more...](#)

What Veterans with PTSD want from treatment

Evidence-based practice involves considering patient preferences in treatment decisions. Two new studies help clinicians understand Veterans' treatment goals and preferences, and how these vary by patient characteristics and treatment setting. [Read more...](#)

Army providers' use of evidence-based psychotherapy for PTSD

Paralleling VA, the DoD is disseminating evidence-based treatments for PTSD. However, researchers from the Army and the American Psychiatric Foundation recently discovered that Army providers' delivery of evidence-based psychotherapies (EBPs) may fall short of full implementation. [Read more...](#)

Traumatic Brain Injury

Longitudinal study finds TBI during deployment strongly linked to postdeployment PTSD

A number of cross-sectional studies have shown that experiencing a TBI during deployment is associated with PTSD—which makes sense given that the same traumatic event could cause both conditions. A report from the Marine Resilience Study, a longitudinal cohort study of 2,600 Marines and Navy Servicemembers, provides even stronger evidence linking TBI and PTSD. [Read more...](#)