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Abstract

PTSD is a problem for a vast number of military veterans. This paper explores its history, from the period before a diagnosis was available to the pivotal time following the Vietnam War, when PTSD became prevalent in veterans. It details the causes and effects of PTSD, including a description of personality prior to the advent of the disorder, causal traumas, everyday triggers, and common symptoms that help establish diagnosis. The chief question the paper considers is what the most effective treatment for PTSD, or combination of treatments, might be. To do so, the author studies treatments of both traditional and non-traditional varieties, including various cognitive and behavioral therapies, rehabilitation, medications, and EMDR, and considers, as well, the fact that treatment has often been unavailable for many individuals. Finally, it presents means and prognosis for recovery for affected individuals.

PTSD in the Military

1. Introduction
2. History of PTSD
	1. General
	2. 1800s
	3. 1900s
		1. Vietnam War
		2. Gulf War
	4. DSM (Diagnostic and Statistical Manual of Mental Illnesses)
	5. Current statistics
3. Causes and Effects
	1. Pre-PTSD
	2. Causes of PTSD
	3. Triggers
	4. Symptoms and effects that help establish diagnosis
		1. Memory
		2. Concentration
		3. Anger
		4. Control
4. PTSD Treatment
	1. Lack of treatment
	2. Traditional varieties
		1. Therapy
		2. Rehab
		3. Medication
	3. Non-traditional varieties
		1. EMDR
		2. Brain wave alteration
		3. Nutritional healing
		4. Color Therapy
		5. Sound Wave Therapy
5. Recovery
	1. Reconnecting
	2. Movement
	3. Healthy habits
	4. Grounding habits
	5. Treatment
6. Conclusion