

Next Level Recovery

 nextlevelrecovery.com/ptsd-treatment-and-counseling-in-utah

Next Level Recovery Offers PTSD Treatment and Counseling in Utah

Are you or a loved one suffering from PTSD? Maybe the diagnosis is new and you are still learning what post-traumatic stress disorder is? Perhaps you are looking for a mental health counselor in Utah? ***The providers at Next Level Recovery offer counseling and other mental health services in the Midvale, Utah area.***

(H4) Next Level Recovery is committed to providing the best treatment in Utah for those suffering from PTSD. Our experienced and compassionate professionals are here to help. If you need to talk now, our hotline is open 24/7: call 801-719-5306.

What is PTSD?

Post-traumatic stress disorder is actually an anxiety disorder that is triggered after going through a traumatic event. What is a traumatic event? The phrase “traumatic event” is a big umbrella that includes near-death experiences (car accident, war, etc), violence (raping, battery, domestic abuse), and even other trauma. For instance, in some cases, even childbirth could be a traumatic event in certain conditions. Post-traumatic stress disorder often develops shortly after the inciting incident, but it can also develop months or even years later.

Post-traumatic stress disorder takes a toll on an individual. In fact, ***individuals suffering from PTSD often have a hard time functioning with day-to-day tasks.*** PTSD can affect all aspects of a person’s life, including sleep thanks to vivid and frequent nightmares.

Signs and Symptoms of PTSD

It is helpful to know the what the signs of PTSD are so that you can monitor for any red flags. Post-traumatic stress disorder symptoms include:

- **Intrusive thoughts:** An individual may have obsessive thoughts about the event and cannot stop thinking about the event despite trying not to think about it.
- **Avoidance:** Do you go out of your way to avoid something that reminds you of the event? Do you drive the long way to work to avoid the intersection where you had a car accident? These are examples of avoidance.
- **Changes in your feelings:** Has your mood changed? Do you feel numb, sad, hopeless? Are you overwhelmed by horror and fear? Do you have problems thinking clearly?
- **Changes in arousal symptoms:** You may get frightened easily or you may jump to anger quickly.

PTSD Diagnosis

Before any treatment plans can begin, post-traumatic stress disorder must be diagnosed by a professional. There is no post-traumatic stress disorder test; Rather, to make a diagnosis, your mental health care professional will examine you and talk to you about the traumatic event. During your evaluation, you will share the necessary information including:

- What symptoms you experience
- What the event was and how you were exposed to it

Your mental health care professional then will make a diagnosis using both the information you supply during your psychological evaluation and the criteria for diagnosis as posted in the *Diagnostic and Statistical Manual of Mental Disorders*.

History of PTSD

PTSD wasn't always included in the DSM. During the 1970's, soldiers were coming home from the war with symptoms of PTSD. It wasn't until 1980, that PTSD was added to the DSM. [4]

How to Treat PTSD

So, what PTSD treatment options are there? Treatments for PTSD have come a long way since 1980. If you are diagnosed with PTSD, your health care practitioner is likely to suggest one of these two treatments:

- **Eye Movement Desensitization and Reprocessing (EMDR):** EMDR therapy for PTSD helps to “retrain” your brain after the event. Amazingly, this treatment works so well because you shift the way to interpret and process your feelings.
- **Cognitive Behavioral Therapy (CBT):** Sometimes called “talk therapy,” CBT therapy helps to process thinking and develop helpful coping skills.

Tips for Coping with a PTSD Diagnosis

One of the best things you can do if you have been diagnosed with post-traumatic stress disorder is to follow the treatment plan that was designed for you. Because you won't feel the effects of your medication or therapy overnight, *it is important to stay dedicated to your treatment plan even if you don't feel any different right away.* Other tips for coping include:

- **Educate yourself and your family members about post-traumatic stress disorder:** Learning what PTSD is (and isn't) can help learn what to expect and what to expect during your treatment.
- **Join a support group:** In addition to seeing a therapist or counselor, you may also benefit from support groups, online groups, Church groups, or other local groups.
- **Make self-care a priority.**
- **Eat a well-balanced diet and be sure to get between seven and nine hours of sleep**

each night.

- **Avoid alcohol or drugs as a stress management tool;** instead exercise, practice yoga, or learn a new hobby

Next Level Recovery is a PTSD Treatment Center in Utah

Perhaps you are looking for a mental health counselor in Utah? Next Level Recovery is a treatment center fully equipped to diagnose and treat PTSD in Salt Lake City, Utah. Our experienced counselors are always ready to listen and help you on your journey to healing and recovery. ***We offer free assessments and accept insurance and offer financing options.***

Contact Next Level Recovery today for a no-obligation consultation. Give us a call anytime at 801-719-5306.
