

Association for Behavioral and Cognitive Therapies. *Deciding when to seek treatment*. https://www.abct.org/Information/?m=mInformation&fa=DecidingWhenToSeek


International Society of Traumatic Stress Studies. (2021). *When a friend or loved one has been traumatized*. https://istss.org/public-resources/public-education-pamphlets
- National Center for PTSD. *Common reactions after trauma.*
  https://www.ptsd.va.gov/understand/isitptsd/common_reactions.asp

- National Center for PTSD. *How is PTSD assessed?*
  https://www.ptsd.va.gov/understand/isitptsd/measured_how.asp

- National Center for PTSD. *Why get treatment?*
  https://www.ptsd.va.gov/understand_tx/why_tx.asp

- National Center for PTSD. *Choosing a treatment.*
  https://www.ptsd.va.gov/understand_tx/choose_tx.asp

- National Center for PTSD. *Talk therapy.*
  https://www.ptsd.va.gov/understand_tx/talk_therapy.asp

- National Center for PTSD. *Prolonged exposure for PTSD.*
  https://www.ptsd.va.gov/understand_tx/prolonged_exposure.asp

- National Center for PTSD. *Cognitive processing therapy for PTSD.*
  https://www.ptsd.va.gov/understand_tx/cognitive_processing.asp

- National Center for PTSD. *Eye movement and desensitization processing (EMDR) for PTSD.*
  https://www.ptsd.va.gov/understand_tx/emdr.asp

- National Center for PTSD. *Helping a family member who has PTSD.*
  https://www.ptsd.va.gov/family/how_family_member.asp

