

## **Curriculum Outline:**

### **Post Traumatic Stress Disorder Overview and Treatment**

**Presenter: Paul Sargent M.D., Presenter**

- I. PTSD's Relevance to Medical Doctors
  - a. Neurocognitive Deficits
- II. PTSD Diagnosis
  - a. Changes to DSM-V
  - b. Intrusive/ Re-experiencing
  - c. Avoidance
  - d. Negative Cognitions or Mood
  - e. Increased Arousal/ Reactivity
- III. History of PTSD
- IV. Popular Culture
- V. Basic Research
  - a. Operant Conditioning
    - i. Extinction
  - b. Physiology
- VI. Treatment Guidelines
  - a. Exposure Therapy
  - b. Cognitive Therapy
  - c. EMDR
  - d. Medications
  - e. Other Approaches Under Investigation
- VII. Positive Psychology
- VIII. Recommendations