

Controversies Abound Around PTSD



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Disclosure

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Controversies

- Name
- Disability
 - Secondary gain
- Treatment
 - “evidence based”
 - Integrated
- Unequal treatment
- Moral injury
- Confidentiality



What's in a name?

- PTSD vs injury
 - D for disorder
 - I for injury
- Is PTSD more stigmatizing?
- “A rose by any other name”



Disability system

- In evolution to IDES (integrated disability evaluation system)
- Combat-related PTSD receives 50% compensation from military
- Re-evaluations may affect disability rating
- Negative incentive to improve



Treatments

- “Evidence based treatments”
 - Solid data showing that patients who completed treatment did better
 - SSRIs, exposure therapy, cognitive-behavioral therapy
 - Often unpalatable to service members
- Integrated treatment
 - Or complementary and alternative medicine
 - Yoga, acupuncture, mindfulness,
 - Scant data showing efficacy
 - Strong anecdotal support



Unequal treatment

Varies widely throughout military



Moral injury

- Is this a better term to capture this cluster of symptoms?
 - Anger, blame, irritability, angst
- If a medical condition, how is this treated?
- If a spiritual crisis, who do you talk to?



Confidentiality

- Perennial issue
- War crimes
 - Duty to report vs maintaining therapeutic stance



Questions/discussion

