

## PROLONGED EXPOSURE (PE)

A treatment approach for individuals with Post-traumatic Stress Disorder (PTSD)

# ASK FOR IT BY NAME: PE

### ? What is Prolonged Exposure (PE) Therapy?

PE is a treatment for adults experiencing symptoms of Post-Traumatic Stress Disorder (PTSD). PE is very effective in reducing difficulties associated with trauma by helping individuals handle trauma-related thoughts and feelings and re-engage in life activities.

### 🧑 Is PE right for me?

If you've experienced a trauma (like sexual assault, abuse, other acts of violence, accidents, etc.) and have been struggling with difficulties that have greatly interfered with your life or avoiding activities that you used to enjoy, PE may be a good fit for you.

### “ Testimonials

#### Adam, Client:

"The day my therapist played a recording of backfiring/firecracker sounds and I didn't jump. Normally I would jump up and be scared. And this time I didn't do that and I knew it was working. I could go back to the place where I almost died and not be scared."

#### Bob (therapist):

"After completing PE, he is no longer angry. His whole personality changed. He comes into the clinic smiling and joking around with everyone. He has become a favorite in the clinic."



### ☹️ Traumatic Reactions

- Feeling fearful and anxious
- Unwanted memories of the trauma
- Abusing drugs
- Feelings of depression
- Feeling angry or irritable
- Nightmares or difficulty sleeping

### Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for PE.

For more detailed information, visit [DBHIDS.org/EPIC](https://www.dbhids.org/EPIC).

## THE EVIDENCE-BASED PRACTICE AND INNOVATION CENTER (EPIC)

Effective Practices that Support People with Behavioral Health Challenges

# EVIDENCE-BASED PRACTICES: EBP

### What are EBPs?

EBPs or Evidence-Based Practices are treatments supported by research that have been proven to help people thrive.

### Why are EBPs important?

Just as doctor's offices look for the best treatments for physical health concerns, we want to do the same for behavioral and mental health concerns. EBPs provide hope to families by offering the most effective treatments.

### Where can I find EBP providers?

Visit our website, [DBHIDS.org/EPIC](http://DBHIDS.org/EPIC) or call Member Services at 888-545-2600.



## Provider agencies offering Prolonged Exposure Therapy in the Community Behavioral Health Network

- Asociación Puertorriqueños en Marcha (APM)  
215-259-3373
- Center for Families and Relationships 215-537-5367
- Consortium 215-748-8400
- Joseph J. Peters Institute  
215-701-1560 or 215-665-8670
- Merakey, Mt. Airy 215-248-6700
- Merakey, Knights Rd 215-632-9040
- JEVS Human Services 267-350-8646
- Warren E. Smith Health Center 215-456-2662