

Posttraumatic stress disorder (PTSD)

Preparing a PTSD Care Conversation

Adults and teens 13+ | 10 to 15 minutes

Posttraumatic stress disorder requires a qualified assessment; having distress after trauma does not by itself establish PTSD. You can begin care by discussing effects on present life and what you need to participate. Detailed recounting is not required on this page.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Describe current impact

Choose effects such as reminders, sleep disruption, avoidance, or feeling on guard. Note what these interrupt and any ongoing danger. The aim is to help a clinician understand your current needs.

Ask about options

Discuss recommended therapies, the reasons for them, possible demands, alternatives, and adaptations. Ask how consent, pacing, privacy, and support between sessions will be handled. Choosing support today does not commit you to a specific treatment.

1. Which present-day effect of the experience most disrupts your life?**2. What safety, privacy, or access need should care address first?****3. What would you like to understand about treatment choices and their demands?****4. What would help you participate while retaining choice about disclosure and pacing?****Clinical use and adaptation**

Assess ongoing threat, dissociation, suicidality, substance use, and other needs. Stabilization pages are supportive resources, not full PTSD treatment. Discuss recommended trauma-focused options through shared decision making without imposing recollection exercises here.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: S06, S05, E21, E22. Full sources are in the online preview and collection appendix.

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October 2026 | TOP057-STARTER