



## **Muse Treatment Observes PTSD Awareness Month in June**

*June 20, 2024*

LOS ANGELES, CA - June 20, 2024 - PRESSADVANTAGE -

Los Angeles, California ? In recognition of PTSD Awareness Month, Muse Treatment is joining the national effort to raise awareness about post-traumatic stress disorder (PTSD). This month serves as an opportunity to educate the public about PTSD, its causes, and the treatments available to those affected by this challenging condition.

PTSD is a mental health condition triggered by experiencing or witnessing a traumatic event. It is characterized by a variety of symptoms, including intrusive memories, avoidance behaviors, negative changes in thinking and mood, and changes in physical and emotional reactions. These symptoms can significantly impair a person's ability to function in daily life and can persist for months or even years after the traumatic event.

The causes of PTSD are vast. Military combat veterans are particularly susceptible to PTSD due to the extreme stress and danger encountered during service. Survivors of events like hurricanes, earthquakes, and

floods often experience PTSD. Car crashes, workplace accidents, and other life-threatening events can lead to PTSD. Victims of physical or sexual assault, robbery, or domestic violence may develop PTSD. Survivors of childhood trauma, abuse, neglect, or the sudden loss of a parent or guardian during childhood can result in PTSD.

Several effective treatments for PTSD can help people manage and reduce their symptoms, including cognitive-behavioral therapy (CBT), a form of talk therapy that helps patients identify and change negative thought patterns and behaviors. Eye Movement Desensitization and Reprocessing (EMDR) is a therapy that involves recalling traumatic experiences while simultaneously focusing on external stimuli such as eye movements, which can help reduce the emotional impact of the memories. Antidepressants, particularly selective serotonin reuptake inhibitors (SSRIs), are commonly prescribed to help manage PTSD symptoms.

At Muse Treatment, the team of experts understands the profound impact that PTSD can have on people and their families. Muse's approach to treating PTSD and other mental health issues is comprehensive and individualized, ensuring that each patient receives the care they need to heal and thrive.

Muse develops personalized treatment plans for each patient, tailored to their specific needs and experiences, including dual diagnosis treatment. Its professionals work closely with patients to create a strategy that promotes recovery and well-being.

In addition to traditional therapies, it incorporates holistic treatments such as yoga, meditation, and art therapy. These practices help patients manage stress, build resilience, and improve their overall quality of life.

Muse Treatment recognizes the importance of family support in the recovery process. Family therapy programs help loved ones understand PTSD and learn how to support their family member's healing journey.

During PTSD Awareness Month, Muse Treatment is dedicated to increasing public understanding of PTSD and providing resources for those affected by it. Muse encourages anyone struggling with PTSD or other mental health issues to reach out for help. Muse's compassionate and experienced team can provide the care and support needed for recovery.

Muse fully recognizes the implications of addiction. Bridges are burned, friends are lost, and morals are compromised. Muse is a hub dedicated to providing a center for therapeutic discovery, healing, and recovering core values. Their staff has meticulously designed each facet of our program to give patients the best situation to build a new life.

The crux of their success, however, is their three-pronged approach to recovery. The tripod of stability consists of Therapy, Neural Recovery, and Twelve-Step Programming. This process ensures that Muse is able to thoroughly address the underpinnings of addictive and/or compulsive tendencies, to give patients the best treatment possible.

For more information about PTSD treatment programs or to speak with a specialist, visit Muse Treatment or call 800-426-1818.

###

For more information about Muse Treatment, contact the company here: Muse Treatment David Rofofsky (800) 426-1818 info@musetreatment.com 1251 Westwood Blvd, Los Angeles, CA 90024

## **Muse Treatment**

*Muse Treatment is the #1 addiction treatment center in Los Angeles, California for alcohol, prescription and drug rehab as well as detox.*

Website: <https://musetreatment.com/>

Email: [info@musetreatment.com](mailto:info@musetreatment.com)

Phone: (800) 426-1818

