

Resurgence Behavioral Health Highlights PTSD Awareness Month June 2024

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Costa Mesa, California ? June marks PTSD Awareness Month, a time dedicated to raising public awareness about post-traumatic stress disorder (PTSD), understanding its impact, and promoting effective treatments. Resurgence Behavioral Health is joining this national effort by shedding light on PTSD and the comprehensive treatments available at its facilities.

PTSD is a mental health condition triggered by experiencing or witnessing a traumatic event. It is characterized by intense, disturbing thoughts and feelings related to the experience that persist long after the traumatic event has ended. Symptoms include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event. PTSD can affect anyone, regardless of age, gender, or background.

Veterans often experience PTSD due to the extreme stress and life-threatening situations faced during service. Survivors of earthquakes, hurricanes, and other natural disasters may develop PTSD. Serious car accidents or other life-threatening incidents can lead to PTSD. Victims of physical or sexual assault, robbery,

or domestic violence frequently experience PTSD. Abuse, neglect, or the loss of a parent during childhood can result in PTSD.

Several evidence-based treatments have proven effective in managing and alleviating the symptoms of PTSD, such as cognitive-behavioral therapy (CBT), which helps patients recognize and change negative thought patterns and behaviors. Eye Movement Desensitization and Reprocessing (EMDR) is a structured therapy that encourages the patient to briefly focus on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements) associated with reducing the vividness and emotion associated with those memories.

Medication and antidepressants, such as selective serotonin reuptake inhibitors (SSRIs), can help control PTSD symptoms. Group therapy and sharing experiences with others who have PTSD can foster a sense of community and mutual support. The exposure therapy technique involves safely exposing patients to the trauma they experienced in a controlled environment to help them confront and manage their fears.

At Resurgence Behavioral Health, the expert staff recognizes the profound impact PTSD can have on people and their families. Its comprehensive approach to treating PTSD and other mental health issues is quite effective. Patients receive a personalized treatment plan tailored to their unique needs and experiences.

Resurgence?s clinicians are trained in trauma-informed care, ensuring that all interactions are conducted with an understanding of the impact of trauma and a commitment to creating a safe environment.

In addition to traditional therapies, Resurgence incorporates holistic treatments such as yoga, meditation, and art therapy to support overall well-being. Recognizing the critical role of family in the recovery process, it provides family therapy and education to help loved ones understand and support their family member?s journey.

Resurgence offers a continuum of care, from inpatient treatment to outpatient services and aftercare programs.

During PTSD Awareness Month, Resurgence Behavioral Health is committed to educating the public about PTSD and providing resources for those affected. Resurgence encourages anyone struggling with PTSD or other mental health issues to seek help. For more information about PTSD treatment programs or to speak with a specialist, visit Resurgence Behavioral Health or call us at 855-458-0050.

At Resurgence Behavioral Health, their focus is on treating not only addiction but also the underlying causes

and co-occurring disorders like trauma and other mental health conditions. They have educational groups like anger management, addiction awareness, and relapse prevention so patients can get to know themselves and work to build into a more well-rounded and capable version of themselves. Their process groups help with emotional regulation, life, and coping skills. They offer vocational training, where you can gain skills in interviewing and finding work, you can learn about educational options, and you can gain opportunities to find work and gain financial independence.

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For more information about Resurgence Behavioral Health, contact the company here:Resurgence Behavioral HealthDavid Rofofsky+19498996003info@resurgencebehavioralhealth.com

Resurgence Behavioral Health

We are the #1 addiction treatment center in Costa Mesa California for alcohol & drug rehab as well as detox. From alcoholism treatment to heroin, meth and cocaine as well as prescription drug addiction, we can help.

Website: https://resurgencebehavioralhealth.com/california/costa-mesa/

Email: info@resurgencebehavioralhealth.com

Phone: +19498996003