

RE PTSD, symptoms are treatable but not particularly controllable by the sufferer. The nature of PTSD is that the intrusive symptoms are triggered by a variety of stimuli (internal and external) and avoidance is not a solution. EMDR is the most effective treatment, although the VA would dearly love to have a medication treatment. Sertraline and paroxetine are 1st line treatments; guanfacine and propranolol are useful adjuncts. Accommodations are helpful but effective treatment is the key to relief.