



# PTSD Consultation Program

FOR PROVIDERS WHO TREAT VETERANS

## About the PTSD Consultation Program

The National Center for PTSD's Consultation Program offers consultation, education, information, and other resources to health professionals who treat Veterans with PTSD in the community or in the VA. Consultation is consistent with evidence-based practices for PTSD and consensus statements such as the VA/DoD Clinical Practice Guideline for PTSD.

“ The PTSD Consultation Program is staffed by experts who are responsive and provide on target responses and references. I feel absolutely confident whenever I reach out to them for answers. ”



## Our Services

If you are a provider treating Veterans with PTSD, you can access a range of helpful resources.

**Free Email & Phone Consultation:** Contact expert clinicians to receive support on:

- |                          |   |
|--------------------------|---|
| EVIDENCE-BASED TREATMENT | ASSESSMENT                              |
| MEDICATIONS              | COLLABORATING WITH VA ON VETERANS' CARE |
| CLINICAL MANAGEMENT      | DEVELOPING A PTSD TREATMENT PROGRAM     |
| RESOURCES                |   |

**What Can You Expect:** Email and phone consultations are free and quick. Receive a response within a business day or less.



EMAIL  
[PTSDconsult@va.gov](mailto:PTSDconsult@va.gov)



CALL  
(866) 948-7880



VISIT  
[www.ptsd.va.gov/consult](http://www.ptsd.va.gov/consult)

## Free Continuing Education Training & Resources:

Whether you are new to treating PTSD or want to enhance your existing knowledge, the Consultation Program offers free, in-depth education for professionals concerned with PTSD and trauma. Access more than 40 courses online, available 24/7 at [www.ptsd.va.gov/professional/continuing\\_ed](http://www.ptsd.va.gov/professional/continuing_ed). CE/CMEs available: ACCME, ACCME-NP, APA, ANCC, NBCC, ASWB.

**PTSD Monthly Lecture Series:** On the third Wednesday of each month, the Consultation Program hosts a webinar on a topic relevant to treating PTSD. Topics are based on recent provider questions. Monthly lectures offer one hour of accreditation for those who pre-register. For more information visit [www.ptsd.va.gov/consult](http://www.ptsd.va.gov/consult).

**Other Resources:** Visit the PTSD website at [www.ptsd.va.gov](http://www.ptsd.va.gov) to access free videos, educational handouts, manuals, PTSD-related publications, PTSD and trauma assessment and screening tools, mobile apps, and more.



The mission of the National Center for PTSD is to advance the clinical care and social welfare of America's Veterans and others who have experienced trauma, or who suffer from PTSD, through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders.



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## Our Consultants

Our team of consultants includes psychologists, physicians, and pharmacists. Clinicians have 17 years of experience treating Veterans with PTSD; have designed, implemented, and led PTSD treatment programs; and consulted on thousands of PTSD cases.

We are part of the National Center for PTSD.



**Sonya Norman, PhD**  
*Program Director*

Dr. Sonya Norman is the Program Director and a consultant for the PTSD Consultation Program. Dr. Norman is a Professor of Psychiatry at the University of California, San Diego, and previously directed the San Diego VA PTSD Program for Veterans who served in Iraq and Afghanistan. She is also a VA Prolonged Exposure consultant and Cognitive Processing Therapy therapist. She conducts research on PTSD treatment and has more than 80 publications related to PTSD and associated problems.



**Matthew J. Friedman, MD, PhD**  
*Consultant*

Dr. Matthew Friedman is a consultant, senior advisor and former Executive Director of the National Center for PTSD, and Professor of Psychiatry and of Pharmacology and Toxicology at Geisel School of Medicine at Dartmouth. He has worked with PTSD patients as a clinician and researcher for 35 years and has published extensively on stress and PTSD, biological psychiatry, psychopharmacology, and clinical outcome studies on depression, anxiety, schizophrenia, and chemical dependency. He has more than 200 publications, including 23 books and monographs.



**Elissa McCarthy, PhD**  
*Consultant*

Dr. Elissa McCarthy is a consultant specializing in questions related to assessment and treatment, including: Cognitive Processing Therapy, Prolonged Exposure, Cognitive Behavioral Therapy for Insomnia, and residential treatment programs. She is a clinical psychologist with experience in training other clinicians in evidence-based therapy. She has experience working in a VA residential treatment program for PTSD and continues to deliver evidence-based psychotherapies through the VA Connecticut Healthcare System.

## Interested in a presentation?

Our consultants are available to share with you and your colleagues a range of free resources available from the National Center for PTSD, as well as to present on PTSD-related topics.

Send an email to [PTSDconsult@va.gov](mailto:PTSDconsult@va.gov), or call **866-948-7880** to consult on a question or request a presentation. Or visit [www.ptsd.va.gov/consult](http://www.ptsd.va.gov/consult) to learn more.

## Contact Us



[PTSDconsult@va.gov](mailto:PTSDconsult@va.gov)



**(866) 948-7880**



[www.ptsd.va.gov/consult](http://www.ptsd.va.gov/consult)

For emergencies, please follow the protocol at your facility or contact 911 or the Veterans Crisis Line at (800) 273-8255, then press "1."

Important information for non-VA providers about the scope of our program: The VA PTSD Consultation Program for Community Providers offers education, training, information, consultation and other resources to non-VA health professionals who treat Veterans with PTSD outside of the VA system. These services are provided consistent with evidence-based practices for PTSD and VA consensus statements such as the VA/DoD Clinical Practice Guidelines for PTSD. Our goal is to improve the care available to all Veterans with PTSD regardless of where they access services. We offer expert guidance on general issues that come up in the course of caring for Veterans with PTSD. We cannot, however, provide direct guidance or consultation regarding nor assume clinical responsibility for specific patients; any potential liability would be only in accordance with the Federal Tort Claims Act.