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Commentary

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Commentary on PTSD Research

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In a 2018 article that appears in the journal Healthcare [1], I expand research originally published in the public administrative journal Public Integrity [2] with a specific focus on veteran's trauma. In both articles, I used a Google search of PTSD academic research in order to identify articles of greatest relevance, relevance as defined by Google.

My more recent 2018 research used two separate Google searches to generate separate cohorts. I generated the first cohort by focusing on treatment, using the keywords PTSD, veterans, interventions and treatment. I generated the second cohort of academic research using the keywords PTSD, veterans, counseling, job training and medication.

The intent of the separate content searches was to first identify research on general treatments and second to focus on employment related interventions. The first cohort of research reveals that there exists a willingness to experiment with relatively new and innovative types of treatment for post-traumatic stress disorder (PTSD). Highly cited articles include discussions of meditation, social and family-based treatments, novel pharmacologic approaches, and finding "meaning" in life (logotherapy).

Articles also identify the coincidence of PTSD with specific problems such as alcohol and substance abuse, family and relationship problems, and early death. Despite a second keyword search utilizing the terms counseling, and job training only one article in the second cohort addresses rehabilitation.

None of the ten articles identified in the second cohort, specifically addresses the issue of employment. It is of interest to note the prevalence of Prolonged Exposure (PE) research as an effective treatment for PTSD. The apparent success of this treatment may contribute to its research currency.

Future studies can identify if it drives out other treatment approaches as it gains added acceptance. My meta-analysis indicates some consensus exists on the viability of Prolonged

Exposure (PE) therapy compared to other treatments. It is incumbent upon medical researchers to continue to explore the effectiveness of this treatment option.

It is somewhat distressing that the most relevant PTSD research does not give much attention to job training or integration of PTSD patients with others. This appears to be a deficiency in approach. As an adjunct to anxiety related research, one should not discount the need for PTSD patients to interface with the rest of society, with people who are not plagued by anxiety disorder.

Counselors could place greater attention to issues of job training, job placement, and social integration. Academic researchers focus on PTSD as a health issue. They should also recognize that facilitating interaction between PTSD patients and others could play an important role in rehabilitation.

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