



ADVANCING SCIENCE AND PROMOTING UNDERSTANDING OF TRAUMATIC STRESS

Facts about Prolonged Exposure (PE) Therapy

- Prolonged Exposure (PE) is one of the most studied and most effective treatment for PTSD^{1,2}
- PE has the strongest recommendation in every major U.S. and international Clinical Practice Guideline for the Treatment of PTSD³
- Most people who go through PE show significant improvement in their PTSD symptoms¹
- 53 out of every 100 people who receive a trauma-focused therapy like PE no longer have PTSD⁴
- Most patients prefer PE over medication for PTSD⁵
- PE works to treat PTSD in complicated patients with multiple traumas and comorbidities such as substance use disorder, depression, psychosis, and personality disorders^{6,7}
- Dropout from PE is comparable to dropout from other PTSD psychotherapies^{8,9,10}

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