

2 About the treatment of PTSD



There are various options to treat PTSD which we will now explain so that together we can make a decision about your treatment.

To what extent do you wish to be informed about the treatment of PTSD?

☐ As little as necessary

☐ All available information

DECISION HELPER™ template, version 2.0, 2025

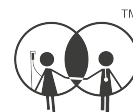


Psychiatri



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References: ctp-net.dk


1 DECISION HELPER™



The purpose of this DECISION HELPER™ is to support you and your clinician during the consultation in making the best choice concerning your treatment


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You as a patient



To make a shared decision about the right treatment for you, it is particularly important to understand what matters to you in your daily life. When you make a decision, it will include options to add in and options to leave out, which may depend on your personal preferences.

Consider the following questions in relation to your treatment process



How much does your physical state of health prevent you from coming here? ☐ A little ☐ Moderately ☐ A lot

How much structure do you need in your treatment process? ☐ A little ☐ Moderately ☐ A lot

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Options, benefits / harms



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Decision



Are you ready to make a decision?

☐ I want treatment

☐ I do not want treatment

☐ I am not ready to make a decision

What is required to enable you to make a decision?