

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

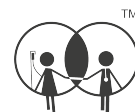


Psychiatri



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Responsible: Anna Bolette Lund Nielsen, resident doctor, Competence Centre for Transcultural Psychiatry
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

3 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

4 Options, benefits / harms



5 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?

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