

WRITTEN EXPOSURE THERAPY (WET)

WET is a type of cognitive behavioral treatment that focuses on decreasing symptoms of Posttraumatic Stress Disorder (PTSD). It is a short-term therapy that uses reflective writing to address trauma memories in a safe and supportive environment

How Does it Work?

Treatment is structured with specific goals for each session. Sessions include: education from your therapist about PTSD, writing about your trauma in session, and briefly reviewing the experience of writing your trauma with your therapist.

What is the Focus?

In WET you will be expected to focus on one trauma initially. However, additional traumas can be the focus of treatment in later sessions if needed. WET does not have specific homework (e.g. writing or exercises) but you are encouraged to think about your experiences between sessions.

Is WET Evidence-Based?

WET has been studied for over 15 years. It has been found effective for people from many backgrounds including Veterans. WET has been recommended in the VA/DoD Clinical Practice Guidelines as one of the primary treatments for PTSD because of its effectiveness.

How Long Will I Be in Treatment?

WET typically includes five sessions of 40-50 minutes each, working individually with a therapist. You are encouraged to meet at least weekly with your therapist.

Who Can Benefit from WET Treatment?

Individuals who have received a PTSD diagnoses and who are committed to engaging in a treatment to reduce their symptoms.

WET is effective for many types of trauma including combat, sexual or childhood trauma, and other types of traumatic events.

For More Information, Please Contact:

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You may also visit:
<https://doi.org/10.1016/j.brat.2012.07.001>

<https://doi.org/10.1016/j.conc.2019.100507>