

RECOVERY  
FROM TRAUMA  
ISN'T JUST  
POSSIBLE...

*it's  
likely.*

*most recover naturally.*

**53%**

OF CHILDREN WHO HAVE PTSD  
1 MONTH AFTER A TRAUMA NO  
LONGER HAVE PTSD 6 MONTHS  
AFTER THE TRAUMA

Source: Hiller, Meiser-Stedman, Fearon, Lobo, McKinnon, Fraser, & Halligan (2016)

*treatment works.*

**53%**

OF PEOPLE LOSE THEIR PTSD  
DIAGNOSIS AFTER ABOUT 12  
WEEKS OF TRAUMA-FOCUSED  
COGNITIVE BEHAVIORAL THERAPY

Source: Harik, Grubbs, & Schnurr (2016)

