

Prolonged Exposure therapy (PE) is a form of behavioral therapy and cognitive behavioral therapy designed to help individuals with post-traumatic stress disorder (PTSD) by gradually exposing them to the traumatic memories and situations that trigger their symptoms. The therapy involves repeated exposure to the traumatic memories through written accounts, verbal descriptions, and in vivo exposure. The goal is to help individuals process the traumatic events, reduce the emotional intensity of the memories, and learn to manage their anxiety and avoidant behaviors. The therapy is typically conducted over several sessions and is often combined with other treatments such as medication and support groups.