PTSD-LCM Overview

The PTSD Life Chart Method (LCM) package consists of five Adobe Acrobat Files:

PTSD_Life_Chart_Overview.pdf (the file you are reading)
Osuch_2001_JTraumaticStress_PTSD-LCM.pdf
Clin_Retrospective_PTSD_LCM_Form.pdf
Self_Prospective_PTSD_LCM_Instrs.pdf
Self_Prospective_PTSD_LCM_Forms.pdf

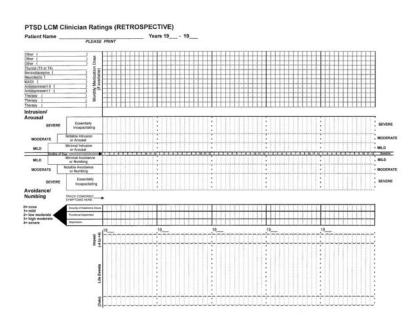
Publication

The PTSD Life Chart is described in Osuch et al, 2001, a copy of which is provided with these files (Osuch_2001_JTraumaticStress_PTSD-LCM.pdf). This paper should be cited in any published work resulting from the use of the PTSD Life Chart Method (LCM). The full citation is:

Osuch, E.A., Brotman, M.A., Podell, D., Geraci, M., Touzeau, P.L., Leverich, G.S., McCann, U.D., & Post, R.M. (2001). Prospective and retrospective life-charting in posttraumatic stress disorder (the PTSD-LCM): A pilot study. Journal of Traumatic Stress, 14, 229-239.

Retrospective Life Chart

The PTSD LCM Clinician Ratings (Retrospective) is a clinician-administered method for retrospectively charting medications, life events and symptom severities in five areas: intrusion/arousal, avoidance/numbing, substance abuse, functional impairment and depression. The one-page form can be printed by opening the file Clin_Retrospective_PTSD_LCM_F orm.pdf (shown at right).



Prospective Life Chart

The Self/Prospective Ratings LCM-PTSD forms (Self_Prospective_PTSD_LCM_Forms.pdf) is a self-completed *prospective* charting method for recording medications, sleep, flashbacks, life events and symptoms in eight areas: intrusion/arousal, avoidance/numbing, pain/fatigue, depression, substance use, irritability, dissociative symptoms and anxiety/panic attacks. The forms (Self_Prospective_PTSD_LCM_Forms.pdf) and instructions (Self_Prospective_PTSD_LCM_Instrs.pdf) are each designed by default to print out in landscape orientation on two letter-sized pages. It can therefore be distributed to patients or subjects as a four-page packet. If professional printing is being considered prior to use of a large number of the forms, it is suggested that the forms and instructions be printed in "stacked" fashion on opposite faces of an 11x17 inch (foldable) sheet, as depicted below. This would ensure that instructions and forms stay together at all times.

(Front) (Back)

