

Frequently Asked Questions

How can I receive WET treatment?

Discuss with your Mental Health provider if WET is right for you. WET is available through the PTSD Programs: the PTSD Clinical Team (PCT) and the PTSD Residential Rehabilitation Treatment Program. A consult can be submitted for an episode of care, following which most Veterans will resume outpatient care as needed with their care team.

I prefer video appointments.

Is WET available by video?

Yes. WET is available by video on your smart phone, or other secure device, for the convenience of our Veterans. You can let your provider know if you prefer video appointments.

If you have any questions or would like to further discuss WET treatment, please contact Timothy DeJong (269) 966-5600 ext. 31125 or timothy.dejong2@va.gov or any member of the PTSD Programs for further information.

VA



U.S. Department
of Veterans Affairs

Putting you at the center of your care!

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5500 Armstrong Road
Battle Creek, MI 49037
(269) 966-5600

Benton Harbor VA Community
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115 West Main Street
Benton Harbor, MI 49022
(269) 934-9123

Grand Rapids HCHV Service Center
620 Century Avenue SW, Suite 120
Grand Rapids, MI 49503
(616) 356-1746

Lansing VA Community
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2025 South Washington Avenue
Lansing, MI 48910
(517) 267-3925

Muskegon VA Community
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5000 Hakes Drive
Muskegon, MI 49441
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Wyoming VA Community
Based Outpatient Clinic
5838 Metro Way SW
Wyoming, MI 49519
(616) 249-5300



Written Exposure Therapy (WET)

*Written Exposure Therapy
(WET) is an evidence based
therapy for PTSD.*

Battle Creek VA Medical Center
[www. BattleCreek.va.gov](http://www.BattleCreek.va.gov)

What is Written Exposure Therapy?

Written Exposure Therapy (WET) is a type of cognitive behavioral treatment that reduces symptoms of Posttraumatic Stress Disorder (PTSD). It is a time-limited, individual psychotherapy that addresses trauma memories in a safe and supportive environment.

Is it Evidence Based?

Yes. WET has been studied for over 15 years. WET has been effective in reducing symptoms of PTSD for people who come from various backgrounds and have trauma as a result of various types of stressors, including Veterans.

Who Can Benefit from WET?

Veterans who have PTSD who are committed to engaging in a time-limited treatment to reduce their symptoms. WET is effective for Veterans with PTSD as a result of different types of traumatic stressors including combat, sexual assault, MST, childhood trauma and other types of events.

Does it work for Veterans and Servicemembers?

Yes. WET is a written narrative therapy, a type of therapy that is recommended in the VA/DoD Clinical Practice Guidelines as one of the primary treatments for PTSD because of its effectiveness.

What happens during treatment?

WET typically includes five, 50-minute individual sessions with a provider. You and your therapist will typically meet once per week.

Sessions include:

- Education from your therapist about PTSD.
- Writing about your trauma.
- Discussing the experience of writing your trauma with your therapist.

Do I need to be in treatment to participate in WET?

Yes. WET is an evidence-based psychotherapy for PTSD which involves a relationship with a trained provider.

What if I have multiple traumas?

During WET, you will initially focus on one traumatic event. Additional traumas can be the focus of treatment in later sessions as needed and discussed with your provider.

Do I have to complete homework?

WET does not have specific homework in between sessions such as writing, completing worksheets, or other structured activities between sessions. However, you are encouraged to think about your experiences if they come up between sessions, rather than avoid the thoughts.

