

ptsd service dog training cost

PTSD Service Dog Training Cost: What You Need to Know

ptsd service dog training cost is a crucial factor many veterans, first responders, and individuals living with post-traumatic stress disorder consider when exploring service dog options. Service dogs can be life-changing companions, providing emotional support, assistance with daily tasks, and even preventing anxiety attacks. However, understanding the financial commitment behind training these highly specialized dogs is essential before making any decisions. In this article, we'll dive deep into what influences the cost of PTSD service dog training, why prices vary so much, and how you can navigate this process effectively.

Understanding PTSD Service Dogs and Their Value

Before we get into the specifics of training costs, it's important to understand what a PTSD service dog actually does. Unlike emotional support animals, PTSD service dogs are specially trained to perform tasks that mitigate symptoms of PTSD. These tasks might include interrupting panic attacks, providing grounding techniques, creating personal space in crowded areas, or reminding their handler to take medication.

The value of these dogs goes beyond companionship—they often enable greater independence, reduce the need for medication, and enhance overall quality of life. This specialized training and the bond built between dog and handler require time, expertise, and resources, all of which contribute to the final cost.

Factors Influencing PTSD Service Dog Training Cost

When looking at the price tag for PTSD service dog training, several variables come into play. It's not simply a flat fee; rather, it depends on a combination of factors that affect how much you might end up spending.

1. Type of Training Program

There are typically two main avenues for training PTSD service dogs:

- **Professional Training Organizations:** These are established nonprofits or businesses that breed, raise, and train dogs specifically for PTSD service work. They often provide the dog and the training together, sometimes including the handler's

training to work with the dog. These programs are usually quite expensive due to the comprehensive nature of the service.

- **Private Trainers or Self-Training:** Some individuals purchase a suitable dog and hire a private trainer to customize the training or attempt to train the dog themselves with guidance from professionals. This route might be less costly upfront, but it requires significant time, effort, and expertise.

2. Dog Breed and Age

The breed and age of the dog can significantly impact training costs. Certain breeds, like Labrador Retrievers and Golden Retrievers, are commonly selected for service work because of their temperament and intelligence. However, acquiring a puppy from a reputable breeder or a rescue that fits these criteria can vary in price.

Additionally, puppies require more foundational training, socialization, and time investment compared to adult dogs that might already have some basic obedience skills. Adult dogs can sometimes reduce training time and cost but may also present challenges if they have behavioral issues.

3. Length and Complexity of Training

Training a PTSD service dog isn't a quick process. It can take anywhere from 6 months to 2 years depending on the dog's aptitude and the specific skills required. The longer and more complex the training, the higher the cost.

Training often includes:

- Basic obedience and socialization
- Task-specific training tailored to PTSD symptoms
- Public access and behavior training to ensure the dog is well-behaved in various environments
- Handler training to build a strong working partnership

Each of these phases requires highly skilled trainers, time, and sometimes specialized equipment, which all add to the overall expense.

4. Location and Trainer Expertise

Where you live and the credentials of the training provider can also impact the price. Trainers with extensive experience in PTSD service dog training, certifications, and a proven track record typically charge more. Likewise, training centers in urban areas or regions with higher living costs may have higher fees.

5. Additional Costs to Consider

Beyond training fees, there are other expenses that can add up:

- **Veterinary care:** Initial vaccinations, spaying/neutering, and ongoing health checkups
- **Equipment:** Harnesses, leashes, vests, and other gear specialized for service dogs
- **Travel expenses:** If training is conducted away from home or requires travel for assessments
- **Maintenance training:** Periodic refresher sessions to keep the dog's skills sharp

Typical Price Ranges for PTSD Service Dog Training

Given the many variables, the cost of training a PTSD service dog can range widely. Here's a general breakdown to give you an idea:

- **Professional Training Programs:** \$15,000 to \$30,000 or more. Many nonprofit organizations offer service dogs for free or at reduced cost to veterans and qualifying individuals but have long waiting lists.
- **Private Trainers:** \$5,000 to \$15,000 depending on the scope of training and duration.
- **Self-Training with Professional Guidance:** Costs can be lower, often \$2,000 to \$5,000, but require a significant time investment and may not yield the same level of proficiency.

It's important to research thoroughly and request detailed quotes from training providers to understand exactly what is included.

How to Make PTSD Service Dog Training More Affordable

While the cost might seem daunting, there are several strategies to help manage expenses:

Look for Nonprofit Organizations and Grants

Many nonprofits focus on providing service dogs to veterans and individuals with PTSD either for free or on a sliding scale. Applying to these organizations might mean longer wait times but can significantly reduce financial burdens.

Additionally, some veterans' benefits programs or disability services offer funding or reimbursements for service dog training. Researching grants and assistance programs can also help.

Consider Fundraising and Crowdfunding

Platforms like GoFundMe have become popular for raising awareness and funds to cover service dog training costs. Sharing your story with friends, family, and community members can rally support.

Training at Home with Professional Support

If cost is a major barrier, some handlers choose to train their dogs at home with the occasional help of a professional trainer. This hybrid approach can lower costs while still ensuring the dog learns critical skills.

Veterans' and Community Programs

Certain community initiatives or veteran support groups may provide resources, recommendations, or even partnerships with training organizations to reduce costs.

The Lifelong Investment Beyond Cost

It's worth remembering that the initial PTSD service dog training cost is just the beginning of a lifelong partnership. These dogs require ongoing care, veterinary visits, and sometimes additional training sessions as needs evolve. However, the emotional and practical benefits they provide often far outweigh the financial investment.

Moreover, the bond between a PTSD service dog and their handler can transform daily life,

offering comfort, stability, and confidence that is difficult to quantify in monetary terms.

Navigating the world of PTSD service dog training costs can feel overwhelming, but with careful research and the right support, finding the right dog and training program is achievable. Whether you choose a professional organization, a private trainer, or a self-training path, investing in a service dog is ultimately an investment in health, independence, and well-being.

Frequently Asked Questions

What is the average cost of training a PTSD service dog?

The average cost of training a PTSD service dog typically ranges from \$15,000 to \$30,000, depending on the organization and the specific training requirements.

Are there any financial assistance programs available for PTSD service dog training?

Yes, several nonprofits and veteran organizations offer financial assistance, grants, or fundraising support to help cover the cost of PTSD service dog training.

What factors influence the cost of PTSD service dog training?

Factors include the dog's initial training level, the complexity of tasks the dog needs to learn, the trainer's experience, and whether the training is done by a professional organization or privately.

Can I train my own PTSD service dog to reduce costs?

While it is possible to train your own PTSD service dog, it requires significant time, knowledge, and consistency. Many choose professional training to ensure the dog meets legal and functional standards.

Do insurance plans typically cover the cost of PTSD service dog training?

Most insurance plans do not cover the cost of service dog training, as it is generally considered a non-medical expense, though some exceptions may exist depending on the policy.

How long does PTSD service dog training usually take?

Training a PTSD service dog usually takes between 6 months to 1 year, with costs accumulating over this period based on the training schedule and methods.

Are there cheaper alternatives to fully trained PTSD service dogs?

Some organizations offer partially trained dogs or emotional support animals at a lower cost, but these may not have the full certification or capabilities of a fully trained PTSD service dog.

Additional Resources

PTSD Service Dog Training Cost: An In-Depth Analysis of Investment and Value

ptsd service dog training cost is a critical consideration for individuals seeking to acquire a trained service dog to manage Post-Traumatic Stress Disorder symptoms. As awareness grows around the therapeutic benefits of service dogs for veterans, first responders, and others affected by PTSD, understanding the financial implications of training these specialized animals becomes increasingly important. This article explores the various factors influencing the cost of PTSD service dog training, offering a detailed review that aids potential recipients, caregivers, and healthcare professionals in making informed decisions.

Understanding PTSD Service Dogs and Their Training Needs

PTSD service dogs are specially trained animals that assist individuals in managing symptoms such as anxiety, panic attacks, and hypervigilance. Unlike emotional support animals, these dogs perform specific tasks, including interrupting dissociative episodes, providing tactile stimulation during anxiety bouts, and creating physical space in crowded environments. The training to equip a dog with these capabilities is extensive and requires professional expertise, which heavily influences the overall cost.

The complexity of PTSD service dog training distinguishes it from general obedience or therapy dog training. Service dogs must learn to perform reliable, task-specific behaviors in various environments and remain calm under stress. This demanding process often takes anywhere from 6 months to 2 years, depending on the dog's breed, temperament, and prior training experience.

Factors Affecting PTSD Service Dog Training Cost

The cost of training a PTSD service dog is not uniform and varies widely based on multiple

factors. Understanding these variables helps prospective owners anticipate financial requirements and evaluate different training programs.

1. Professional Training Programs vs. Self-Training

Professional training programs, often run by nonprofit organizations or specialized trainers, provide comprehensive service dog education but come at a premium price. These programs typically include selection, socialization, basic obedience, and task-specific training. The costs for such programs range from \$15,000 to \$30,000 or more, reflecting the intensive time and resources invested.

Alternatively, some individuals choose to self-train their dogs with guidance from certified trainers or online resources. While this option can reduce upfront costs significantly—sometimes to under \$5,000—it demands a considerable time commitment and consistent expertise to meet service dog standards. For many, the potential trade-off between cost savings and training quality must be carefully weighed.

2. Breed and Age of the Dog

Certain breeds, such as Labrador Retrievers, Golden Retrievers, and German Shepherds, are preferred for PTSD service work due to their temperament, intelligence, and trainability. Acquiring a suitable dog from a reputable breeder or rescue can add to the initial investment. Puppies typically require longer training periods, increasing costs, whereas adult dogs with prior training may reduce time and expenses.

3. Training Intensity and Customization

Service dog training might involve basic obedience, public access training, and specialized task instruction tailored to the handler's specific PTSD symptoms. Programs that offer personalized training plans and ongoing support inevitably command higher fees. For example, training a dog to recognize and interrupt panic attacks or perform grounding exercises requires specialized protocols, increasing complexity and cost.

4. Geographic Location and Trainer Credentials

Prices vary geographically, with urban centers and areas with higher living costs typically charging more for professional training services. Moreover, trainers with certifications from recognized bodies, such as Assistance Dogs International (ADI) or the International Association of Assistance Dog Partners (IAADP), often have higher rates due to their expertise and adherence to industry standards.

Cost Breakdown: What Does PTSD Service Dog Training Include?

To better understand where costs accumulate, it's useful to examine the typical components included in a PTSD service dog training program.

- **Dog Purchase or Adoption:** \$500 to \$3,000 depending on breed and source.
- **Basic Obedience Training:** \$1,000 to \$3,000, covering foundational commands and socialization.
- **Advanced Task Training:** \$5,000 to \$15,000, teaching PTSD-specific tasks like anxiety interruption and crowd control.
- **Public Access Training:** \$2,000 to \$5,000, ensuring the dog behaves appropriately in public and complies with ADA guidelines.
- **Veterinary Care and Supplies:** \$1,000 to \$3,000, including vaccinations, spaying/neutering, and equipment like vests and leashes.
- **Follow-up and Support:** Variable costs for refresher courses, behavioral support, and training updates.

Overall, these elements contribute to the average total investment of \$15,000 to \$30,000 for a fully trained PTSD service dog.

Financial Assistance and Funding Options

Given the substantial costs, many prospective service dog handlers explore financial aid avenues. Various nonprofit organizations and charities provide grants, sponsorships, or subsidized training programs to offset expenses for veterans or individuals with disabilities.

Veterans Affairs and Government Programs

In some countries, governmental agencies offer support for service dog acquisition and training as part of veteran healthcare benefits. For instance, the U.S. Department of Veterans Affairs may fund service dog programs for eligible veterans, though coverage and availability vary.

Charitable Organizations and Foundations

Several nonprofits specialize in PTSD service dogs and either provide fully trained dogs at little or no cost or assist in funding training. Examples include K9s For Warriors, the Warrior Canine Connection, and Paws for Purple Hearts. Applicants usually undergo a rigorous screening process to qualify.

Crowdfunding and Community Support

Some individuals turn to crowdfunding platforms to raise funds for their service dog training costs. While this approach can be effective, it requires substantial outreach and often depends on personal networks and media exposure.

Evaluating the Cost-Benefit Equation

While the upfront financial commitment to PTSD service dog training is significant, many recipients report profound improvements in their quality of life, mental health stability, and independence. These benefits can translate into reduced medical expenses, decreased reliance on medication, and enhanced social functioning.

However, it is crucial to approach the investment with realistic expectations. Training a service dog is not a quick fix; it requires ongoing maintenance, commitment, and sometimes additional costs for retraining or health care over the dog's lifetime, which can span 8 to 12 years.

Pros of Investing in a Professionally Trained PTSD Service Dog

- Reliable, task-specific assistance tailored to individual needs.
- Certification and legal documentation supporting public access rights.
- Professional support network including trainers and healthcare providers.
- Increased confidence and safety in public spaces.

Cons and Considerations

- High initial and maintenance costs.
- Time-intensive training and adjustment period.
- Responsibility for the dog's ongoing health and well-being.
- Potential variability in training quality among providers.

Comparing PTSD Service Dog Training Costs to Other Assistance Dogs

When compared to other types of service dogs, such as guide dogs for the visually impaired or mobility assistance dogs, PTSD service dog training costs are generally in a similar range but can vary depending on the complexity of tasks and training duration.

For example, guide dogs often require more intensive training for navigation and obstacle avoidance, sometimes driving costs above \$40,000. Mobility service dogs may also incur high prices due to the physical demands of their tasks. PTSD service dogs, while requiring sophisticated behavioral training, may have slightly lower costs but still represent a significant financial outlay.

Final Considerations for Prospective Handlers

Prospective handlers should conduct thorough research and consider both financial and personal readiness before embarking on the journey to acquire a PTSD service dog. Engaging with reputable trainers, consulting healthcare providers, and evaluating support resources are all essential steps.

Understanding the full scope of the PTSD service dog training cost helps in setting realistic expectations and securing necessary funding. Ultimately, while the monetary investment is considerable, the potential for life-changing assistance underscores why many find the endeavor worthwhile.

[Ptstd Service Dog Training Cost](#)

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historical information, theory, clinical practice, and data from recent clinical studies on animal-assisted therapy for post-traumatic stress disorder (PTSD) and other diseases. Written by international experts drawn from the fields of medicine, clinical psychology and therapy, speech therapy, clinical research, and animal training and welfare, this book employs a hypothesis driven, data rich approach to inform readers on current research and serve as a reference for clinical practice and use of animal-assisted therapy. This is an important resource for clinicians, researchers, animal trainers and handlers and students who want to understand and utilize animal-assisted therapy in theory and practice. - Includes essential information on animal-assisted therapy for clinicians, researchers, students, and animal training and handling organizations - Examines PTSD in history, literature and arts, along with theories of the mechanism of clinical action of animal-assisted therapy - Features contributions by war combat veterans who use animal-assisted therapy for the treatment of PTSD

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practitioners. The book provides the evidence basis for the effectiveness of this treatment, as well as guidelines for how to perform it from the selection of treatment animal to application with patients. This new edition is fully updated and contains 15 new chapters on culture, research, standards, of practice, and more. Organized into four sections, the book explores the conceptualization of the animal-human bond, best practices for AAI professionals, considerations related to animal selection/ training/ welfare, and utilizing AAI in special populations. The book may serve as a study guide for the Animal Assisted Intervention Specialist Certification Exam. - Summarizes current research on AAT - Guides readers how to work with a therapy animal safely and effectively - Covers AAT with special populations and for specific disorders - Supports study for the Animal-Assisted Intervention Specialist Certification exam - Contains 15 new chapters on culture, research, standards of practice, and more

ptsd service dog training cost: Selecting And Training Your Service Dog Jennifer Cattet, PH.D., 2021-05-19 Good Service Dogs are Both Born and Made! Watching a service dog and her handler working as a team in a busy public space is a thing of beauty. Not every dog has the temperament or genetic make-up to do service work, but with the proper reward-based training, many dogs can succeed in public areas. Succeeding in Public Access Work is the subject of Jennifer Cattet's new book, which is especially important given some of the controversies surrounding poorly or un-trained service dogs being brought into public areas. Jennifer prepares you and your dog to meet the standards of the Public Access Test developed by Assistance Dogs International. While the book focuses on training, it also covers in detail a number of other important questions including: · How much time, effort and cost are involved in acquiring and training a service dog? · Can you train a shelter dog for service work and are there breeds of dogs you should avoid? · What are your rights and the laws relating to service dogs? · How do you deal with the public when working with your service dog?

ptsd service dog training cost: Service Dogs for Mental Health Frank D Cohen, 2025-09-13 When mental health conditions limit your ability to navigate daily life, a psychiatric service dog can be transformative—but the path to partnership is complex, costly, and often misunderstood. This comprehensive guide provides the realistic, evidence-based information that prospective handlers, families, mental health professionals, and communities need to understand psychiatric service dog partnerships. Drawing on personal experience as a handler, professional expertise in data science, and service on a training organization's board, Frank Cohen delivers an unvarnished look at both the profound benefits and significant challenges of these life-changing relationships. This book is not a training manual. Instead, it offers something equally valuable: the knowledge to make informed decisions about whether a psychiatric service dog is right for you, how to navigate the legal landscape, what daily life really looks like, and how to find legitimate resources in a field complicated by fraud and misinformation. From understanding your legal rights to managing the financial realities, from supporting someone else's journey to creating inclusive community spaces, this guide bridges the gap between inspiration and practical wisdom. Whether you're considering a psychiatric service dog, supporting someone who has one, or working to create more inclusive environments, this book provides the comprehensive, honest guidance the psychiatric service dog community has been waiting for.

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have served in the military. This unique book guides nurses and healthcare professionals through the specific set of needs veterans can present, including but not limited to PTSD. Topics covered include, defining military culture and how to apply that knowledge to provide informed treatment, transitioning from service to civilian life and the many challenges expected during re-adjustment and re-entry, recognizing and treating substance use disorders, identifying suicidal behaviors and warning signs, long-term care for elderly veterans, and many more topics unique to the healthcare of veterans.

ptsd service dog training cost: Service Animals in Schools Anne O. Papalia, Kathy B. Ewoldt, David F. Bateman, 2022-07-27 Is that dog allowed in school? Can the miniature horse ride on the bus with my son? Must the service animal leave the classroom if the teacher is allergic? Do I need to include the service animal in the IEP? These are some of the many questions that arise when a child with disability brings a service animal to school. *Service Animals in Schools: Legal, Educational, Administrative and Strategic Handling Aspects (LEASH)*, provides a comprehensive overview of the legal, educational, and accessibility issues surrounding service animals in schools and provides practical guidelines for addressing these concerns within an academic setting. The authors explore topics such as types of assistance animals, educational planning and IEP development, classroom integration, transition planning, and more, providing practical information about service animal use from both ends of the leash.

ptsd service dog training cost: Vets and Pets Dava Guerin, Kevin Ferris, 2017-09-26 Experience firsthand the inspiring and heartwarming bonds between wounded veterans and their service and companion animals. *Vets and Pets* tells fifteen emotional and entertaining stories of the incredible bonds between wounded warriors, veterans, and other service members and their service and companion animals. Whether these special relationships are with dogs, cats, horses, pigs, or even birds of prey, readers will discover how these remarkable animals help veterans return to civilian life and live independently while simultaneously bringing joy and confidence into their lives. Tyler struggled to adjust to civilian life after losing both of his legs in Afghanistan, until he met his intelligent and willfully disobedient red European Doberman pinscher, Apollo. Vietnam veteran Patrick regained a sense of well-being and hope through the study of birds of prey. Max the horse has helped numerous veterans learn to trust, improve their communication, and increase their self-confidence and self-esteem. Mandi discovered that the intelligence and unconditional love of pigs were exactly what she needed to heal from an abusive past and a disappointing army-training injury. These are just a few of the uplifting stories that are featured in this striking collection. In addition to exploring the unique, lifelong bonds that can develop between veterans and their animal companions, *Vets and Pets* spotlights extraordinary nonprofits that unite wounded warriors with service and companion animals, including Pets for Patriots, Hooves Marching for Mercy, Horses Helping Heroes, and Avian Veteran Alliance, among others. A portion of the proceeds from this book will be donated to Pets for Patriots.

ptsd service dog training cost: Transforming Trauma Philip Tedeschi, Molly Anne Jenkins, 2019-07-15 Have you ever looked deep into the eyes of an animal and felt entirely known? Often, the connections we share with non-human animals represent our safest and most reliable relationships, offering unique and profound opportunities for healing in periods of hardship. This book focuses on research developments, models, and practical applications of human-animal connection and animal-assisted intervention for diverse populations who have experienced trauma. Physiological and psychological trauma are explored across three broad and interconnected domains: 1) child maltreatment and family violence; 2) acute and post-traumatic stress, including military service, war, and developmental trauma; and 3) times of crisis, such as the ever-increasing occurrence of natural disasters, community violence, terrorism, and anticipated or actual grief and loss. Contributing authors, who include international experts in the fields of trauma and human-animal connection, examine how our relationships with animals can help build resiliency and foster healing to transform trauma. A myriad of animal species and roles, including companion, therapy, and service animals are discussed. Authors also consider how animals are included in a variety of formal

and informal models of trauma recovery across the human lifespan, with special attention paid to canine- and equine-assisted interventions and psychotherapy. In addition, authors emphasize the potential impacts to animals who provide trauma-informed services, and discuss how we can respect their participation and implement best practices and ethical standards to ensure their well-being. The reader is offered a comprehensive understanding of the history of research in this field, as well as the latest advancements and areas in need of further or refined investigation. Likewise, authors explore, in depth, emerging practices and methodologies for helping people and communities thrive in the face of traumatic events and their long-term impacts. As animals are important in cultures all over the world, cross-cultural and often overlooked animal-assisted and animal welfare applications are also highlighted throughout the text.

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ptsd service dog training cost: Humanity and the Nature of Man Ebsen William Amarteifio Bsc (Hons), 2013-06 This book is about the invaluable contribution of charities and humanitarians in our world, the benevolence of the majority, and the atrocities of a (very small) minority. Mankind's difficulties often stem from natural disasters, including terrible weather conditions creating human misery. The tsunami and the famine in Ethiopia are typical examples. The other difficulties that have beset humanity from time immemorial are man-made, like wars, slavery, and pogroms. We also have dictatorships, pariah states, and police states, which do not seek to serve their people and alienate the international community. The people in these places become outcasts, despite genuine and determined efforts by others to bring them into the fold. In any society, we see the destructive effects of misunderstanding, greed, envy, hatred, and discrimination. Senseless acts of individual barbarism also pose a problem. Governments, democratic or otherwise, are installed with all the natural and human resources, as well as the goodwill of the global community, to serve and, where necessary, manage the difficulties of the people. History and current affairs indicate that no government is capable of delivering utopia to its people - even those unhampered by ideology, political sensitivities, self-interest, and retribution. Mankind's difficulties are ever so complex. Invariably, the void left has to be managed for mankind to have a life worth living. Nature abhors a vacuum, so says the adage. Political stalwarts like Abraham Lincoln and courageous clergymen William Wilberforce rise to the fore. This pious hegemony is ably supported by charities, humanitarians, and ordinary individuals who have shown courage and compassion and the willingness to save and improve lives. Charities continue to make the difference. The courage and compassion of Lincoln, Wilberforce, Nightingale, and Mother Teresa may be unsurpassed, but Providence will continue to provide heroes and heroines for humanity.

Trastorno por estrés postraumático (PTSD) - Mayo Clinic ¿Qué es el trastorno por estrés postraumático (PTSD)? El trastorno por estrés postraumático (PTSD) es un trastorno de salud mental que puede desarrollarse después de experimentar o presenciar un evento traumático. Los síntomas pueden incluir recuerdos intrusivos, evitación, cambios de humor y problemas de concentración. El diagnóstico se basa en los síntomas y la historia clínica. El tratamiento puede incluir terapia psicológica y medicamentos. El trastorno por estrés postraumático puede ser tratado con éxito. El diagnóstico se basa en los síntomas y la historia clínica. El tratamiento puede incluir terapia psicológica y medicamentos. El trastorno por estrés postraumático puede ser tratado con éxito.

Post-traumatic stress: How can you help your loved one? Use these tips to help someone cope with stress from a traumatic event, whether it's acute stress disorder (ASD) or post-traumatic stress disorder (PTSD)

Screening patients who experience traumatic injury for mental However, someone who develops PTSD after trauma cannot move beyond the haunting of that traumatic event and needs intervention. We are trying to identify which

Post-traumatic stress disorder (PTSD) - Symptoms and causes Overview Post-traumatic stress disorder (PTSD) is a mental health condition that's caused by an extremely stressful or terrifying event — either being part of it or witnessing it.

Post-traumatic stress disorder (PTSD) - Mayo Clinic Diagnosis To diagnose post-traumatic stress disorder, your healthcare professional likely will do a

Trastorno por estrés postraumático - Síntomas y causas - Mayo Descripción general El trastorno de estrés postraumático es una enfermedad de salud mental causada por una situación de estrés o aterradora, ya sea que la hayas vivido o

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