

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

[Recipient Name]
[Recipient Address]
[City, State, Zip Code]

Dear [Recipient Name],

I am writing this letter to provide validation and support for [Client's Name], who has been under my care since [Start Date of Therapy].

[Client's Name] has been diagnosed with Post-Traumatic Stress Disorder (PTSD) as a result of [brief description of the traumatic experience, if appropriate].

Throughout our sessions, [Client's Name] has consistently reported symptoms indicative of PTSD, including [list symptoms such as flashbacks, anxiety, hypervigilance, etc.]. These symptoms have significantly impacted [his/her/their] daily functioning and overall quality of life. In my professional opinion, [Client's Name] is actively engaging in treatment to address these symptoms and is demonstrating resilience in the face of their challenges. It is important that [he/she/they] receives validation and understanding regarding the impact of the trauma [he/she/they] has experienced.

Please feel free to reach out if you require further information or clarification. It is vital that [Client's Name] feels supported in [his/her/their] journey toward healing.

Sincerely,

[Your Name]
[Your Credentials]
[Your Professional Title]
[Your Practice Name]
[Your Contact Information]