



MILITARY SEXUAL TRAUMA

MST C&P EXAM TRAUMA-INFORMED PREPARATION

Clear, trauma-informed guidance for building an accurate VA disability record.

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

1

KNOW THE PURPOSE

The examiner may evaluate diagnosis, effects, and whether evidence supports the claimed relationship.

2

REQUEST PROVIDER GENDER

VA says a veteran may request a male or female claim examiner.

3

DESCRIBE EFFECTS ACCURATELY

Do not minimize or exaggerate. Use specific examples of symptoms and functioning.

4

REPORT A PROBLEM

Document concerns promptly if the examination is unsafe, inaccurate, or inadequate.

An official report is not the only way to support an MST-related claim. Evidence is evaluated under the rules applicable to the condition and claim.

