Summary of Recommended Treatments for Adults

Universal treatments for all adults who experience trauma

- Psychological Debriefing (individual)
- Psychological Debriefing (group)

Indicated treatments for all adults with PTSD symptoms in the first three months after trauma

- Stepped Care
- TF-CBT (Trauma-focused CBT)
- EMDR (brief, Eye Movement Desensitisation & Reprocessing)

Treatments for all adults with PTSD

- CPT (Cognitive Processing Therapy)
- CT (Cognitive Therapy, trauma-focused)
- EMDR
- PE (Prolonged Exposure)
- TF-CBT

- iTF-CBT (Guided internet-based TF-CBT)
- NET (Narrative Exposure Therapy)
- PCT (Present-Centered Therapy)
- SIT (Stress Inoculation Training)
- Group TF-CBT (TF-CBT in group setting)
- TF-CBT for comorbid PTSD and Substance Use Disorder
- Non-TF-CBT for comorbid PTSD and Substance Use Disorder, where TF-CBT not available

- SNRI (Venlafaxine)
- SSRIs (Sertraline, Paroxetine, Fluoxetine)

View the Australian PTSD Guidelines for full details of the research studies included in the systematic review, summaries of the evidence for each research question and the rationale behind recommendations.

Please visit Phoenix Australia for further supporting information and helpful resources.