


## Summary of Recommended Treatments for Adults

 Strong recommendation FOR

 Conditional recommendation FOR

 Conditional recommendation AGAINST

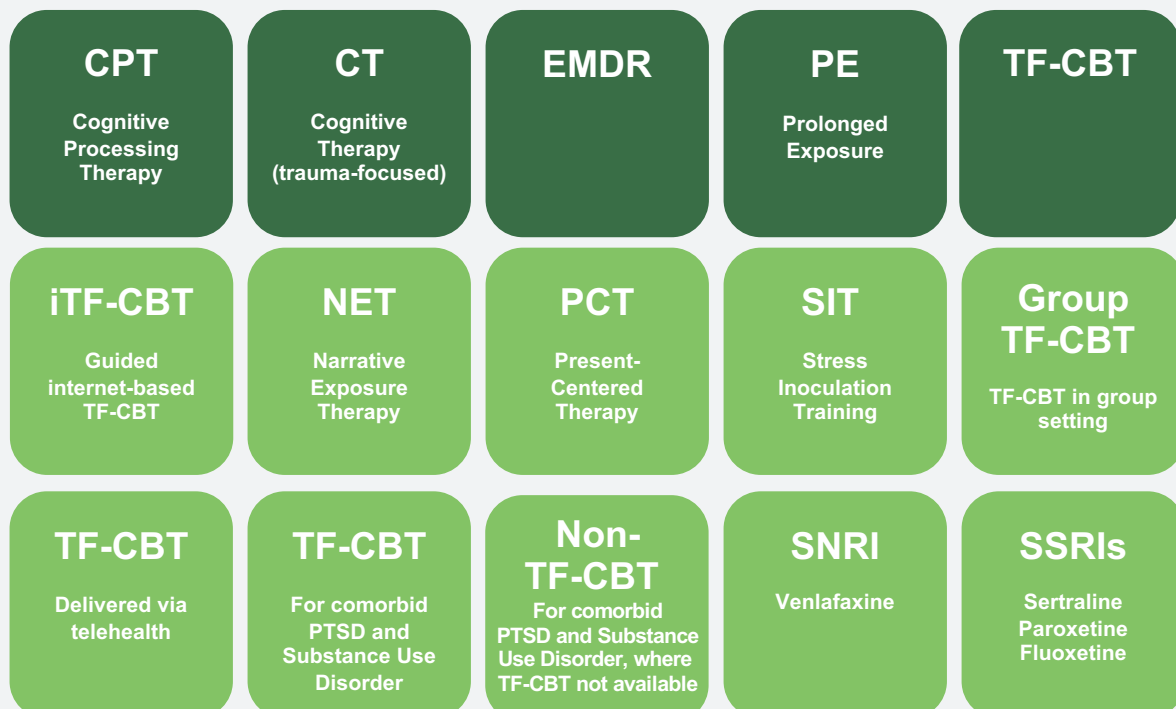
### Universal treatments for all adults who experience trauma



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



### Treatments for all adults with PTSD



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.