



## Summary of Recommended Treatments for Children and Adolescents

 Strong recommendation FOR

 Conditional recommendation FOR

 Conditional recommendation AGAINST

Universal treatments for all children and adolescents who experience trauma

**Psychological  
Debriefing  
(individual)**

Indicated treatments for children and adolescents with PTSD symptoms in the first  
three months after trauma

**CFTSI**

Child and Family  
Traumatic Stress  
Intervention

Treatments for children and adolescents with PTSD or PTSD symptoms

**TF-CBT**

Trauma-focused  
CBT

For child

**TF-CBT**

Trauma-focused  
CBT

For caregiver  
and child

**EMDR**

Eye Movement  
Desensitisation &  
Reprocessing

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.