Summary of Recommended Treatments for Children and Adolescents

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.