

Treatment Recommendations for Children and Adolescents

Grade Methodology - Key	
Strong Recommendation FOR	Strong Recommendation AGAINST
Conditional Recommendation FOR	Conditional Recommendation AGAINST

Interventions within the first three months of trauma

<p>Universal interventions (for all children and adolescents who experience trauma.)</p>	<p>Conditional recommendation AGAINST individual psychological debriefing For children and adolescents within the first three months of trauma, we suggest providing information, emotional support and practical assistance in preference to individual psychological debriefing.</p>
<p>Indicated interventions (for children and adolescents with PTSD symptoms within the first three months.)</p>	<p>Conditional recommendation FOR child and family traumatic stress intervention (CFTSI) For children and adolescents within the first three months of trauma where symptoms of PTSD are present, we suggest offering child and family traumatic stress intervention (CFTSI) in preference to supportive counselling.</p>

Interventions for children and adolescents with symptoms of PTSD

<p>Psychological interventions</p>	<p>Strong recommendation FOR trauma-focused cognitive behavioural therapy (trauma-focused CBT) for child For children and adolescents with symptoms of PTSD, we recommend trauma-focused CBT.</p>
	<p>Strong recommendation FOR trauma-focused CBT for caregiver and child For children and adolescents with symptoms of PTSD, we recommend trauma-focused CBT for caregiver and child.</p>

Psychological interventions (continued)	<p>Conditional recommendation FOR eye movement desensitisation and reprocessing (EMDR)</p> <p>For children and adolescents with symptoms of PTSD, we suggest offering EMDR where trauma-focused CBT is unavailable or unacceptable.</p>
Pharmacological interventions	<p>Insufficient evidence to make a recommendation.</p> <p>Where medication is indicated, practitioners are advised to follow depression treatment guidelines.</p>

View the [Australian PTSD Guidelines](http://app.magicapp.org) (app.magicapp.org) 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](http://phoenixaustralia.org/australian-guidelines-for-ptsd) (phoenixaustralia.org/australian-guidelines-for-ptsd) for further supporting information and helpful resources.