

All people have the right to be involved in discussions and make informed decisions about their care. The following recommendations relate to everyone who is at risk of or has post-traumatic stress disorder (PTSD).

## What is PTSD?



**What?** Post-traumatic stress disorder (PTSD) is a type of anxiety disorder caused by very stressful, frightening, or distressing events (NHS, 2018). Any situation that a person finds traumatic can cause PTSD.



**How?** This could be experiencing or witnessing single, repeated, or multiple events. Events may include serious road accidents, violent personal assaults, abuse, work related exposure to trauma, war and conflict, or serious health problems.



**When & What?** PTSD can develop immediately after someone experiences a disturbing event, or it can occur weeks, months or even years later. For further information see the [NICE Guidelines for PTSD \(2018\)](#) for a full clinical guidance document.

## Recommended Treatment

### Trauma- focused CBT

Individual trauma-focused Cognitive Behavioural Therapy (CBT) interventions. See [NICE Guidelines for PTSD \(2018\)](#) for specific interventions within the trauma-focused CBT class.

#### Who is it for?

Adults with a diagnosis of PTSD, or clinically important symptoms of PTSD, who have presented more than 1 month after a traumatic event.

#### How many sessions?

8 to 12 sessions. However, additional sessions may be required if clinically indicated, e.g., if experiencing multiple traumas. To be delivered by clinically trained practitioners with ongoing supervision.

### EMDR

Eye Movement Desensitisation and Reprocessing (EMDR) therapy. See [NICE Guidelines for PTSD \(2018\)](#).

#### Who is it for?

Adults with a diagnosis of PTSD, or clinically important symptoms of PTSD, who have presented between 1 and 3 months after a non-combat-related trauma if the person prefers EMDR. Also offered if an adult has presented with such symptoms more than 3 months, after a non-combat-related trauma.

#### How many sessions?

8 to 12 sessions. However, additional sessions may be required if clinically indicated, e.g., if experiencing multiple traumas. To be delivered by clinically trained practitioners with ongoing supervision.

**Please note: "Medical treatment, including diagnostics and equipment (if relevant to treatment), is VAT exempt. Medical legal reports are VAT applicable as this is not regarded as treatment. Registered psychologists and psychiatrists are able to offer VAT exempt services, but not counsellors or psychotherapists (HMRC, 2021)."**

#### **References:**

NHS. (2018). Overview - Post-traumatic stress disorder. <https://www.nhs.uk/mental-health/conditions/post-traumatic-stress-disorder-ptsd/overview/>

NHS. (2018). Overview - Post-traumatic stress disorder. NHS. <https://www.nhs.uk/mental-health/conditions/post-traumatic-stress-disorder-ptsd/overview/>

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