

ASSIST TRAUMA
CARE

ASSIST TRAINING

EFFECTIVE TREATMENTS FOR POST-TRAUMATIC STRESS DISORDER

There are currently a very large number of different therapy and treatment modalities suggested as effective for Post-Traumatic Stress Disorder, resulting in a great deal of confusion.

The Department of Health publication:

Treatment Choice in Psychological Therapies and Counselling
An Evidence based Clinical Practice Guideline (2001)

states: *“Relatively little research evidence is available. Best evidence of efficacy was reported for exposure and other cognitive behavioural methods (stress inoculation and EMDR)”*

Edna Foa, Consultant psychiatrist at the University of Pennsylvania and world renowned in the field of PTSD research, spoke in her keynote address at the European conference on Traumatic Stress (Berlin, 2003), of:

More than 30 controlled studies since 1995

The results of these studies was to identify, from the many suggested treatments for PTSD, three therapy models proven to be effective:

1. Exposure Therapy
2. Cognitive Therapy
3. EMDR

When comparing results between these three therapies, it was found that the best results were obtained by either a combination of **exposure therapy and cognitive therapy** or **cognitive therapy and EMDR**.

Foa believes EMDR to be a variant type of exposure therapy

