Summary of the NICE Guideline (2005) on Treatment of Adults and Children who have suffered a traumatic incident and may be at risk of developing PTSD

**If symptoms are present 4 weeks or more after event:**

- Offer trauma-focussed CBT or EMDR (normally 8-12 weeks) on individual outpatient basis.
- Ensure treatment is regular (at least once a week) and delivered by same person, who should be appropriately trained.
- Do not offer medication as routine first-line treatment, except for sleep disturbance.
- Do not offer non-trauma-focussed interventions that do not address the traumatic memory.
- Do not withhold or delay treatment because of court / compensation proceedings.
- Offer treatment regardless of time lapse since the trauma.
- Where children are affected involve parents / family where appropriate.

**If symptoms persist or improvement is limited after treatment:**

- Consider extending treatment beyond 12 sessions and integrating it into an overall care plan.
- Consider alternative forms of non-directive psychological therapy.
- Consider use of medication as well as psychological therapy.

*The full NICE Guideline for PTSD is available from the NICE website: [www.nice.org.uk/CG026NICEguide](http://www.nice.org.uk/CG026NICEguide)*