



ASSIST TRAUMA
CARE



ASSIST TRAINING

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/CG026NICEguideline

