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International Practice Guidelines

Clinical Practice Guidelines for treatment of PTSD and Acute Stress Disorder have been developed in a number of countries, including Australia, the United Kingdom, and the United States.

- The revised [ISTSS Treatment Guidelines](#) presented in *Effective Treatments for PTSD, Second Edition* are based on an extensive review of the clinical and research literature prepared by experts and intended to assist clinicians who provide treatment for adults, adolescents, and children with PTSD.
- Australian Guidelines for the [Treatment of Adults with Acute Stress Disorder and Posttraumatic Stress Disorder](#) aim to provide a framework of best practice around which to structure treatment.
- The United Kingdom's National Institute for Health and Care Excellence developed the [Post-traumatic stress disorder NICE guideline](#).
- The U.S. [Veterans Administration/Department of Defense Clinical Practice Guidelines for Management of Post-Traumatic Stress Disorder and Acute Stress Reaction](#).
- The American Psychiatric Association's Practice Guideline and Resources for [Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder](#).
- The American Psychological Association [Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder \(PTSD\)](#).

A recent review provides an excellent overview:

Hamblen JL, Norman SB, Sonis J, Phelps A, Bisson J, Nunes V, et al. (2019). A Guide to Guidelines for the Treatment of Posttraumatic Stress Disorder in Adults: An Update. *Psychotherapy*, 56, 359-373

Abstract: Clinical practice guidelines (CPGs) are used to support clinicians and patients in diagnostic and treatment decision-making. Along with patients' preferences and values, and clinicians' experience and judgment, practice guidelines are a critical component to ensure

patients are getting the best care based on the most updated research findings. Most CPGs are based on systematic reviews of the treatment literature. Although most reviews are now restricted to randomized controlled trials, others may consider nonrandomized effectiveness trials. Despite a reliance on similar procedures and data, methodological decisions and the interpretation of the evidence by the guideline development panel can result in different recommendations. In this article, we will describe key methodological points for 5 recently released CPGs on the treatment of posttraumatic stress disorder in adults and highlight some of the differences in both the process and the subsequent recommendations.

Trauma Treatment

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