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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### What is expressive writing?

Expressive writing involves writing about the thoughts and feelings associated with an event. As a therapy, it is called Written Emotional Disclosure or Written Exposure Therapy. People who have experienced a traumatic or stressful life event are more likely to avoid thoughts and feelings related to their experience than people who have not experienced such events. Writing about these events in a therapeutic environment allows the therapist to focus on the client's experiences while writing about the trauma, rather than the event itself.

### What is the evidence for expressive writing?

Moderate to low quality evidence found a medium-sized improvement in PTSD symptoms post-treatment with expressive writing therapies.

For more information see the technical table



*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.*

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate](https://neura.edu.au/donate)