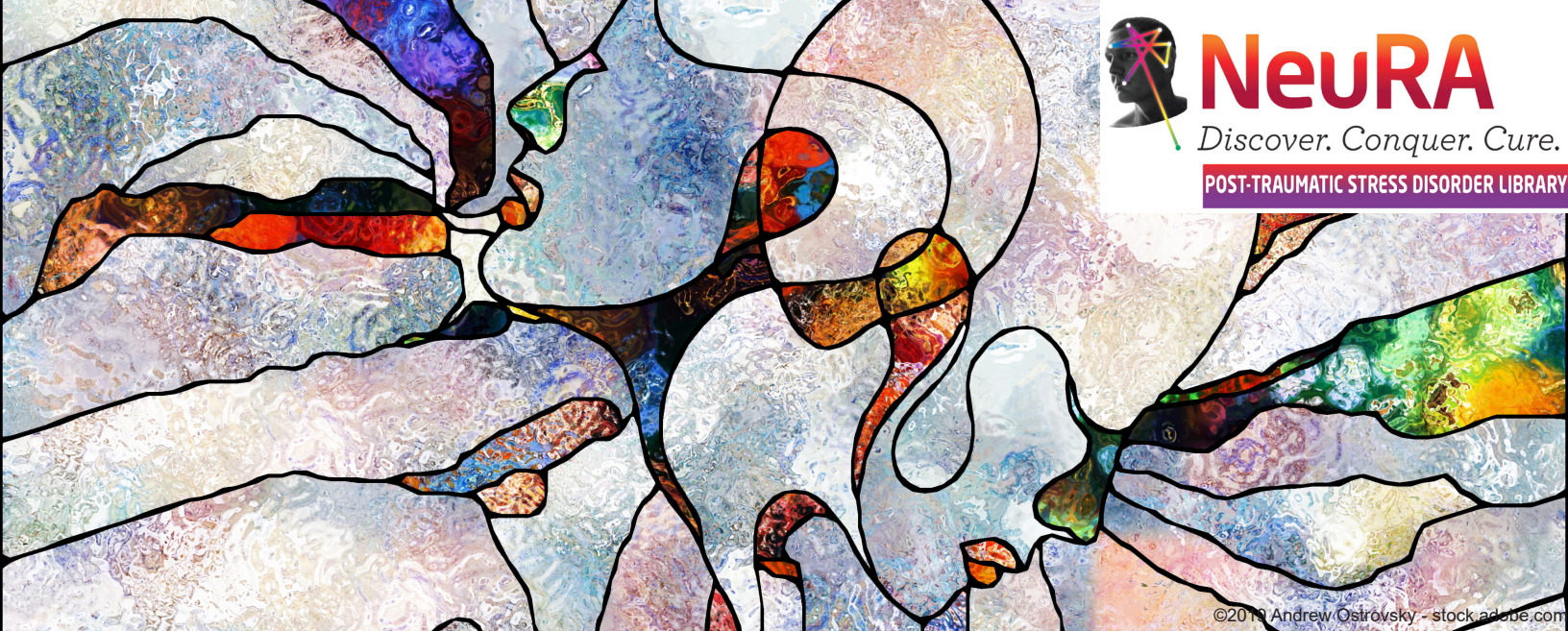




NeuRA

Discover. Conquer. Cure.

POST-TRAUMATIC STRESS DISORDER LIBRARY



©2019 Andrew Ostrovsky - stock.adobe.com

POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

What is narrative exposure therapy?

Narrative exposure therapy was developed for use in the management of multiple traumas. Trauma memories are usually not a snapshot of the event but are part of an entangled system related to the event and the meaning and emotion associated with it. Narrative exposure therapy facilitates the process of converting fragmented trauma-related autobiographic memories into a coherent narrative. The result is a remodelling of behavioural, cognitive, and emotional responses to thoughts or cues related to the event and to perceive the event and react to its memory in a less distressing manner.

What is the evidence for narrative exposure therapy?

Moderate to low quality evidence found a medium-sized effect of improved PTSD symptoms with narrative exposure therapy compared to non-trauma-focussed therapies (supportive therapy, psychoeducation, medication, interpersonal therapy, meditation). There was also a large effect of improved PTSD symptoms in children and adolescents after treatment with narrative exposure compared to waitlist/no treatment.

For more information see the technical table

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



NeuRA

Discover. Conquer. Cure.

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.