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POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

What is present-centred therapy?

Present-centred therapy is a non-trauma-based treatment that may appeal to patients reluctant to engage in trauma-focussed treatments. Present-centred therapy aims to establish positive interpersonal connections through the therapeutic relationship, normalisation of symptoms, validation of experiences, provision of emotional support, and increased sense of mastery and self-confidence in dealing with problems. In treatment, patients gain increased insight into how current behaviours are influenced by their symptoms, explore adaptive solutions to these problems, and are encouraged to implement some of their chosen solutions. Through the application and practice of more effective solutions to daily stressors, patients can experience enhanced psychosocial functioning and decreased symptoms.

What is the evidence for present-centred therapy?

Moderate quality evidence found a large improvement in PTSD symptoms with present-centred therapy compared to waitlist controls, however present-centred therapy was associated with less improvement in PTSD symptoms when compared to trauma-focussed cognitive behavioural therapy. Fewer people dropped out of treatment with present-centred therapy than with trauma-focussed cognitive behavioural therapy.

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