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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is supportive counselling?

Supportive counselling is a broad term for interventions that aim to relieve the intensity of symptoms, distress, and disability. It is designed to allow a person to voice their concerns and receive encouragement and help in finding practical solutions. In most clinical trials for PTSD, supportive counselling is used as a control condition.

What is the evidence for supportive counselling for PTSD?

Moderate quality evidence found a medium-sized improvement in PTSD symptoms with supportive counselling compared to waitlist/no treatment. However, supportive counselling was less effective for symptoms than cognitive therapies, exposure therapies, cognitive behavioural therapies, and eye movement desensitisation and reprocessing. There were no differences in PTSD symptoms when supportive counselling was compared to stress management interventions.

For more information see the technical table

HOW YOUR SUPPORT HELPS

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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.