Executive Summary

Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder (PTSD) in Adults

The purpose of this document is to introduce PerformCare's practice guideline for the treatment of posttraumatic stress disorder (PTSD) in adults. These practice guidelines are meant to provide medical and psychological health providers with useful, quick reference tools for the treatment of PTSD in adults. They are intended to extend, not replace, sound clinical judgment. In particular, these adopted guidelines do not supersede the responsibility of the treating clinician to remain current on medications and informed on key regulatory and professional organizations when making important treatment decisions.

PerformCare has adopted the American Psychological Association's (APA) "Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder (PTSD) in Adults (2017)." The following guide is designed to help providers, practitioners, and interested readers become familiar with key features of the documents and find the sections that will be most useful to them.

This guideline was developed through the completion of a comprehensive literature review and independent analysis of the findings from the review. The initial draft of the guideline was completed by the APA Guideline Development Panel (GDP). The draft was submitted for feedback to the APA Advisory Steering Committee (ASC) for Development of Clinical Practice Guidelines. The draft was also posted on the APA website and public feedback was sought for 60 days. More than 890 responses were received.

Table 1 provides a summary of the recommendations for the treatment of PTSD in adults with more detailed recommendations being provided in Table 5. The guideline begins with an introduction to the topic with defining terms and discussing the diagnosis of PTSD. A detailed description of the process and methods of the clinical practice guideline are provided, describing each step taken when developing this guideline.