

Table 8
Individual Psychotherapy Recommendations for PTSD

Recommendation	APA, 2017	ISTSS, 2018	NICE, 2018	Phoenix Australia Centre for Posttraumatic Mental Health, 2013	VADoD, 2017
Strong recommendation	Cognitive behavioral therapy Prolonged Exposure Cognitive Processing Therapy Cognitive therapy	Trauma-focused cognitive behavioral therapy (undifferentiated) Prolonged Exposure Cognitive Processing Therapy Cognitive therapy Eye Movement Desensitization and Reprocessing	Trauma-focused cognitive behavioral interventions including: Cognitive Processing Therapy Narrative Exposure Therapy Prolonged Exposure Eye Movement Desensitization and Reprocessing (more than 3 months after non-combat-related trauma)	Trauma-focused cognitive behavioral interventions Eye Movement Desensitization and Reprocessing	Trauma-focused therapy Prolonged Exposure Cognitive Processing Therapy Eye Movement Desensitization and Reprocessing Specific cognitive behavioral therapies for PTSD Brief Eclectic Psychotherapy Narrative Exposure Therapy Written Narrative Exposure Interpersonal Psychotherapy Present Centered Therapy Stress Inoculation Training
Moderate recommendation	Brief Eclectic Psychotherapy Eye Movement Desensitization and Reprocessing Narrative Exposure Therapy Not applicable	Cognitive behavioral therapy without a trauma focus Narrative Exposure Therapy Present Centered Therapy Not applicable	Eye Movement Desensitization and Reprocessing (1–3 months after non-combat-related trauma) Not applicable	Where symptoms have not responded to a range of trauma-focused interventions, evidence-based non-trauma-focused psychological interventions (such as Stress Inoculation Training) should be considered	Not applicable
Very Low recommendation	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable
Insufficient recommendation	Relaxation Seeking Safety	Brief Eclectic Psychotherapy Dialogical Exposure Therapy Emotional Freedom Techniques Interpersonal Psychotherapy Observed and experimental integration Psychodynamic psychotherapy Psychoeducation Relaxation training REM desensitization Supportive counselling Single session cognitive behavioral therapy Reconsolidation of Traumatic Memories Virtual reality therapy Written Exposure Therapy	Not applicable	Not applicable	Acceptance and Commitment Therapy Dialectical Behavior Therapy Seeking Safety Skills Training in Affect and Interpersonal Regulation Supportive counselling
Emerging recommendation	Not applicable	Single session cognitive behavioral therapy Reconsolidation of Traumatic Memories Virtual reality therapy Written Exposure Therapy	Not applicable	Not applicable	Not applicable

Note. To make comparisons across the recommendations, the authors created their own strength of recommendation categories. Only rows for which there were recommendations were included in the table. APA = American Psychological Association; ISTSS = International Society for Traumatic Stress Studies; NICE = National Institute for Health and Care Excellence; VADoD = Department of Veterans Affairs and Department of Defense; PTSD = posttraumatic stress disorder.