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Posttraumatic Stress Clinic
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Online Therapy Following Trauma

Have you been involved in or witnessed a trauma **(e.g.: motor vehicle accidents, actual or attempted assaults, childhood physical/sexual abuse, domestic violence, being a victim of a hold-up/mugging, work-related trauma as a first responder etc.)?**

Flinders University PTSD Clinic is conducting a **research study** investigating a **Guided Self-help** online approach designed to help people **recover** following a traumatic event, which will be compared with standard Cognitive Processing Therapy.

The study is being conducted by Professor Reg Nixon and Ms Priyadharshany Sandanapitchai (provisional psychologist and PhD student) from Flinders University. All care required as part of the research project is provided free of charge.

Who can participate?

Individuals aged 18 or older who have experienced or witnessed a trauma four or more weeks ago

What will you be doing?

- Phone screening to determine eligibility for the study
- Three assessment interviews: Before, After therapy, and 3-months later
- Questionnaires about life experiences, beliefs, and symptoms
- Up to 12 online therapy sessions with minimal therapist guidance and/or (depending on group allocation), a further individual therapy for up to 12 sessions with a trained therapist

Email the Posttraumatic Stress Clinic at
traumaunit@flinders.edu.au
for more information or to schedule your phone screening

This study has been approved by The Southern Adelaide Clinical Human Research Ethics Committee (SAC HREC Approval 2022/HRE00159).

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