

# Post-traumatic stress disorder (PTSD)

**Priory offers a range of outpatient therapies to provide the best possible treatment for mental health conditions.**

The information below provides you with the clinical specification for our PTSD treatment, along with outcome measures, ongoing care options and details of the therapy itself.

We strive to deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- 1:1 therapy starts from £109 per session (£132 in London)
- Consultant psychiatrist assessments start from £300
- Consultant psychiatrist follow-ups start from £150
- Group therapy starts from £65 per session (£77 in London)

Priory also offers an outpatient package for PTSD, which provides a fixed price, includes a discount and provides you with certainty of cost for your initial treatment programme.

**A simple GP referral process with 24/7 support**

We have a simple process for GPs who would like to refer a patient, and our GP enquiry team can support you with any queries that you may have.

**To make an online referral, visit [priorygroup.com/gp-referral](https://www.priorygroup.com/gp-referral)**

The treatment that is offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

**Call our 24/7 GP support line on 0800 090 1354**

**Email [priory.referral@nhs.net](mailto:priory.referral@nhs.net)**

**Fax 0844 770 6206**

**For more information visit [priorygroup.com/gp](https://www.priorygroup.com/gp)**

<b>Referrer guidance</b>	<ul style="list-style-type: none"> <li>+ Patients suffering from depressive symptoms, anxiety, somatic symptoms with or without flashbacks and displaying other symptoms of PTSD</li> <li>+ Other forms of trauma related difficulties</li> <li>+ PTSD sufferers beyond 3 months from exposure, will be offered eye movement desensitisation and re-processing (EMDR) in addition to trauma counselling</li> </ul>
<b>Goals of assessment and treatment</b>	<ul style="list-style-type: none"> <li>+ Minimisation of associated cognitions and behaviours</li> <li>+ Improved psychological, social and educational functioning</li> <li>+ Improved quality of life</li> </ul>
<b>Referral criteria</b>	<ul style="list-style-type: none"> <li>+ PTSD and other traumas</li> </ul>
<b>Evidence base: NICE or other guidance/references</b>	<ul style="list-style-type: none"> <li>+ CG26 PTSD: The management of PTSD in adults and children in primary and secondary care</li> </ul>
<b>Team</b>	<ul style="list-style-type: none"> <li>+ Consultant psychiatric assessment to confirm diagnosis and initiate treatment plan</li> <li>+ 1:1 counselling with a trained therapist</li> </ul>
<b>Time</b>	<ul style="list-style-type: none"> <li>+ Psychiatric assessment: 60 minutes including risk</li> <li>+ Up to 12 1:1 sessions of 60 minutes</li> </ul>

<b>Process of care</b>	<ul style="list-style-type: none"> <li>+ Trauma focused counselling will ideally (but not exclusively) be offered in the first month to 3 months following trauma exposure</li> <li>+ All PTSD sufferers will be offered a course of trauma-focused psychological treatment (trauma focused cognitive behavioural therapy (CBT), EMDR or exposure and response therapy)</li> <li>+ Therapy may be offered in support with pharmacological treatments</li> </ul>
<b>Outcome measure</b>	<ul style="list-style-type: none"> <li>+ PHQ9, GAD 7</li> <li>+ Patient satisfaction survey</li> <li>+ Locally determined outcome measures (PROMs and CROMs)</li> </ul>
<b>Options for ongoing care</b>	<ul style="list-style-type: none"> <li>+ Further outpatient care</li> <li>+ Daycare (group therapy)</li> <li>+ Inpatient care</li> <li>+ Discharge to GP</li> <li>+ Discharge to NHS</li> <li>+ Discharge to other referrer</li> </ul>

Priory offers an extensive number of evidence-based therapy treatments for a range of conditions.

Because every individual is unique we have a bespoke approach to helping people through their most difficult times, offering mental health assessments, individual, group and family therapies. Not all of these interventions will be appropriate or necessary for all people and collaborative tailored treatment options will be explored with referrals at the first assessment.

First, we assess and understand the particular needs of a person and then recommend an appropriate course of treatment that is underpinned by clinical specifications based on the latest research and guidance.