

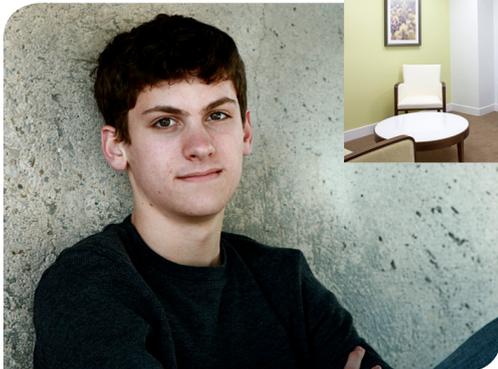
Child and adolescent post-traumatic stress disorder (PTSD)

Priory Therapy Services

What is post-traumatic stress disorder (PTSD)?

PTSD is a psychiatric condition that may be suffered if you experience or witness a life-threatening event or a particularly traumatic occurrence. PTSD is a condition which can affect anyone, regardless of their age.

Studies show that about 15% to 43% of girls and 14% to 43% of boys experience at least one traumatic event. Of those children and teens who have experienced trauma, 3% to 15% of girls and 1% to 6% of boys develop PTSD.



What are the symptoms of PTSD?

Symptoms of PTSD are both psychological and physical. These usually develop within three months of the traumatic event, although they can appear up to a year later.

Children with PTSD can behave differently depending on the trauma or their age. Information is included below on what to look out for:

+ Age 5-12:

- Young children who keep repeating trauma in their play
- Young children who have changed their behaviour following trauma, such as carrying items to protect themselves, becoming withdrawn, avoiding certain places, struggling to separate from parents
- Young children who are struggling to sleep following trauma or having nightmares

+ Age 12-18:

- Young people having flashbacks, nightmares, high levels of arousal, distress, poor concentration, poor sleep or anger/aggression following trauma
- Fear, worry, sadness, low self-esteem, self-harm or use of harmful substances following trauma





Outpatient therapy packages

Priory also offers an **outpatient package for child and adolescent PTSD** which is only available at our wellbeing centres. This includes **eight x 1:1 therapy sessions** – the number recommended under national guidelines. There is a fixed price for this package which includes a discount, providing you with certainty of cost for your initial treatment programme.

A further discount is available on additional therapy sessions at the end of your treatment package, should you need them.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies – check your policy to see what cover is available to you.

How can Priory help?

Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.

Using the latest evidence-based practices, our experts offer bespoke therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation both in terms of the specialist team and treatment the delivered.

Priory's outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around work time, which may include evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals allowing for a wider support network and movement into inpatient or day care if required.

Pricing

At your first appointment, our experts will listen very carefully to your needs. A plan that you are happy and comfortable with, will then be formed. This will be reviewed regularly to ensure that progress is being made and can be amended as necessary.

We 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 £107 per session
- + Consultant psychiatrist assessments start from £300
- + Consultant psychiatrist follow-ups start from £150
- + Group therapy starts from £64 per session

86%

of patients undergoing therapy saw a reduction in their levels of anxiety

85%

of patients undergoing therapy saw a reduction in their levels of depression

100%

of patients were satisfied with the overall quality of care received

98%

of patients would recommend us to a friend

Get in touch

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

Call: 0800 840 3219

Email: info@priorygroup.com

Visit: [priorygroup.com](https://www.priorygroup.com)