

PTSD Online Program



The PTSD Online Program is a free, 12-module, self-paced program based on Cognitive Behavioural Therapy (CBT). This program is appropriate for anyone experiencing mild to moderate symptoms associated with trauma, including PTSD, and aims to help clients learn strategies to manage the unhelpful thoughts and beliefs maintaining PTSD. It can also teach useful distraction and relaxation techniques, and ways to reduce stress or physical symptoms.

There are a few ways clients may benefit from this program:

- Clients can work through the online modules independently. They will be provided with different types of resources including **information, videos, worksheets, audio files** and **homework** tasks.
- You can support the client to complete the worksheets and homework tasks as part of your clinical work.
- Clients can be supported by our **Therapist Assist Program**, which involves 12 weeks of therapist contact via email and optional live sessions (video or live chat). Therapists support clients to work through program content and tailor the information to their needs.
- You can use relevant activities and worksheets with clients in your practice.



Behavioural Interventions

Relaxation and calm breathing
(Module 2 & 3)

Journal/Exposure
(Module 8, 9 & 10)



Cognitive Interventions

Intrusive Thoughts
(Module 4)

Thinking-feeling
(Module 5)

Unhelpful Thoughts
(Module 6)

Challenge and Change
(Module 7)



Lifestyle Interventions

Avoidance and additional mental health challenges
(Module 11)

Staying healthy
(Module 12)



When a client tells you about a problem, consider explaining how they might approach it from behavioural, cognitive, or lifestyle perspectives, to help them make a decision about what might work best for this situation.



Journaling activities can be challenging - consider offering additional support as clients are working through these.



Help the client stay on track by asking about and problem-solving barriers throughout the program.

Module 1 - What is PTSD?

Psychoeducation about PTSD symptoms, treatments, and causes, as well as types of traumatic events.

- Understanding types of traumatic events and typical responses to traumatic stress
- Understanding intrusive, avoidance and arousal symptoms
- Learning about best-practice treatments of PTSD
- Learning to monitor mood and PTSD symptoms



PTSD symptom checklist

Module 2 - Calm Breathing

Discusses the link between anxiety and PTSD and introduces anxiety management information and techniques focussing on the breath.

- Understanding physical and emotional arousal, driven by fear associated with the trauma-related memories
- Understanding the role our breath plays in managing PTSD symptoms
- Developing a practice of relaxation through the breath



Calm breathing exercise



Controlled breathing exercise

Module 3 - Body Relaxation

Introduces further anxiety management information and techniques - including progressive muscle relaxation and visual imagery relaxation.

- Understanding the link between anxiety and PTSD, and the relaxation response in managing physiological symptoms of PTSD
- Understanding the importance of relaxation
- Practicing relaxation strategies
- Learning to let go of tension and turn off the fight-or-flight response



Relaxation diary



Progressive muscle relaxation



Visual imagery relaxation

Module 4 - Intrusive Thoughts

Provides psychoeducation of intrusive thoughts, the harms of avoidance and benefits of coping techniques.

- Understanding intrusive thoughts, and maintaining factors and management strategies
- Developing adaptive coping techniques and minimise the distress associated with intrusive thoughts and images



Slow / Mindful breathing



Here and Now distraction



Thought Stopping distraction

Module 5 - Thinking-Feeling



Discusses the role our beliefs and thoughts have on determining our mood, emotions and behaviour.

- Understanding the relationship between thoughts, feelings and behaviours
- Understanding the distinction between fact and thought



Thought Diary

Module 6 & 7 - Unhelpful Thoughts



Introduces the role of unhelpful thoughts, assumptions and beliefs in maintaining symptoms.

- Understanding the relationship between thoughts, feelings and behaviours
- Identifying and learning strategies to challenge unhelpful thinking styles, assumptions, and beliefs
- Practicing strategies to challenge unhelpful thoughts, assumptions and beliefs and create more realistic alternatives



Thought Diary



Identifying core beliefs and unhelpful thinking styles



Challenge your thinking diary

Modules 8,9 & 10 - Journal Writing



Discuss the importance of exposure therapy in reducing PTSD symptoms and introduces exposure via journal writing.

- Understanding the role of exposure therapy in reducing PTSD symptoms
- Repeatedly practicing exposure through journal writing



Journal writing guidelines



Journal writing activities

Module 11 - Avoidance and additional mental health issues



Explores the role “self-statements” play in maintaining avoidance and negative thoughts; and discusses other mental health issues commonly associated with PTSD.

- Understand and observe presence of self-statements
- Develop more helpful/positive self-statements
- Learning strategies for managing other mental health issues



Avoidance Worksheet



Sleep information download



Self-statement guide

Module 12 - Staying Healthy



Explores strategies to reduce the likelihood of PTSD recurring and cope with PTSD relapses.

- Identifying gains and exploring core strategies for relapse prevention
- Identifying warning signs and discussing helpful strategies explored throughout the program
- Develop a self-management plan for continued well-being
- Preparing for and overcoming challenges and setbacks



Gains worksheet



Self-Management plan worksheet



Setting goals for the future