



THIS WAY UP | St Vincent's Hospital  
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NSW, Australia  
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[contact@thiswayupclinic.org](mailto:contact@thiswayupclinic.org)

Dear Colleague,

**RE: Request to access an online Cognitive Behavioural Therapy course for Post-Traumatic Stress**

You are receiving this letter because a patient of yours is interested in completing the online This Way Up **Post-Traumatic Stress (PTS) Course**, which they can access for free under the supervision of their clinician. The courses at This Way Up have been developed by experienced mental health professionals at St Vincent's Hospital, Sydney and the University of New South Wales.

Clinicians in the community (e.g., GPs, psychologists, psychiatrists, and allied health professionals) are able to register with us for free and use these evidence-based Cognitive Behaviour Therapy (CBT) courses to assist their patients.

The PTS Course is designed for people experiencing post-traumatic stress in response to a traumatic event in adulthood. This course is available as clinician supervised only, to provide an extra layer of support for people as they undergo treatment for trauma. Clinician supervision involves being willing to oversee your patient's progress throughout the duration of the course and provide additional help with the course where needed.

Please note that the PTS Course is NOT suitable for people who are:

- Responding to **acute trauma** (occurred <3 months ago)
- Experiencing **Complex PTS and/or Chronic PTS** (Complex and chronic PTS are longstanding conditions that can occur after prolonged and repeated trauma, especially childhood trauma). This can lead to significant and persistent difficulties with relationships, emotion regulation, distress tolerance, and personal identity.
- Experiencing difficulties with **self-harm, suicidal ideation, aggression or more severe depression** as the treatment strategies in this course (e.g., exposure therapy) can cause increased distress.

*If your patient is presenting with symptoms of complex trauma, we encourage you to speak with them about alternative, appropriate treatment options, such as longer-term, individual, face-to-face psychological therapy.*

We strongly encourage you to speak with your patient further to assess their current trauma symptoms, to assist in determining whether or not the PTS Course is a good treatment fit for them.

If your clinical assessment indicates that the PTS Course would be a good treatment fit, you can register as a clinician to supervise your patient through this course at our website. Please note that we recommend supervising clinicians have **regular contact** with their patient throughout the duration of the course, to monitor symptoms and progress.

For more information on the structure and content of the PTS course, please see:

<https://thiswayup.org.au/courses/the-post-traumatic-stress-course/>

**To view all our available courses and learn how to prescribe a course so your patient can access online treatment for free, please visit [www.thiswayup.org.au/clinician-hub](http://www.thiswayup.org.au/clinician-hub)**

If you have any questions or concerns regarding the PTS Course, or if you would like to discuss this letter with our team, please feel free to email us on [contact@thiswayupclinic.org](mailto:contact@thiswayupclinic.org) or phone (02) 8382 1400.

Sincerely,

Dr Mike Millard  
Clinical Director of CRUFAD

#### **About THIS WAY UP**

THIS WAY UP is a not-for-profit initiative of St Vincent's Hospital, Sydney and the University of New South Wales. Our team is based at the Clinical Research Unit for Anxiety & Depression (CRUFAD) and we specialise in developing, testing, and disseminating internet-delivered CBT programs for depressive and anxiety disorders. Our mission is to improve access to effective online interventions and we are here to support clinicians with using evidence-based online CBT in treatment of anxiety and depression. Visit [www.thiswayup.org.au](http://www.thiswayup.org.au) to learn more.