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Comcare



SUPPORTING RESOURCES

WEBINAR:

Supporting clients/patients
with PTSD to participate
in good work

This document highlights some additional resources to help practitioners collaborate with the workplace to enable good work for your patient/client.

****Please note that the links provided in this document were accurate at date of publication
(July 11, 2023).****

Health and safety at work

[Comcare – Benefits of safe and healthy work.](#) Provides information on the benefits to people and to organisation on getting work health and safety right.

[Comcare - Good Work Design.](#) Evidenced-based resources, including videos and better practice guidance, to help raise awareness and build manager capability to design good work for their teams.

Assessing capacity for work

[MHPN and Comcare Webinar – Assessing functional capacity to work for psychological conditions.](#) The webinar provides participants with the skills and knowledge to support those who experience psychological injuries to participate in 'good work' that supports their mental health and wellbeing.

[Psychological Assessment: Assessing a patient's capacity for work.](#) This resource will assist GPs assess a patient's functional capacity to work.

Supporting work participation

[Position Statement: Realising the Health Benefits of Work.](#) Consensus Statement by the Australasian Faculty of Occupational & Environmental Medicine and The Royal Australasian College of Physicians.

[Principles on the role of the GP in supporting work participation.](#) The principles relate to GP interactions with individuals experiencing temporary or permanent, physical or psychological health or disability related barriers to participating in work.

[GP Resource: Facilitating good work for your patient.](#) This resource will assist you to have a conversation with your patients about the role of good work in their recovery; identify what makes good work for your patient; and advise the employer on required adjustments to support participation in good work.



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[MHPN and Comcare Webinar – Collaborating with the workplace to enable good work for your patient/client.](#) The webinar discusses how clinicians can support those who experience mental health conditions by facilitating their participation in, and return to, work.

[Comcare - Return to Work.](#) Provides information on how good work can help in recovery from injury and illness.

Managing work-related injuries

[Comcare - Getting you back to work.](#) Provides information on returning to work and why it is important to health and wellbeing.

[Clinical guidelines for the diagnosis and management of work-related mental health condition in general practice.](#) These guidelines were developed to assist with the diagnosis and management of work-related mental health conditions. The guideline recommendations were approved by the National Health and Medical Research Council (NHMRC) in late 2018 and are endorsed by the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM).

[A guide for General Practitioners to manage work related injury.](#) This guide will help GPs manage the recovery pathway for an injured worker and provide key timeframes to consider within the claims process.

[Comcare - Recovery and return to work resources.](#) Resources for employees and employers to better understand the return to work process and support injured workers to recover and return to work.

Panellist recommended resources

[Safe Work Australia: Managing psychosocial hazards at work](#) (2022). Practical guidance on how to achieve the standards of work health and safety.

[We Need Trauma-Informed Workplaces](#) (2022). Authored by Katharine Manning. How to build a trauma-informed organisation; one that operates with an understanding of trauma and its negative effects on the organisation's employees and the communities it serves and works to mitigate those effects.

[Centre for Workplace Mental Health: Post-Traumatic Stress Disorder – A Primer for Employers.](#) Authored by Colonel Steven Pflanz, M.D., United States Air Force. Provides information for employers on how to support employees with PTSD.



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[Video - ANZSOM / UK SOM webinar: Mental health at work and "it pays to care"](#) (2022). Professor Neil Greenberg, Professor of Defence Mental Health King's College London. 'Improving organisational resilience in the workplace (with a focus on trauma) (at 29:24mins).

Panellist recommended reading

1. Kessler, R.C., Sonnega, A., Bromet, E., Hughes, M. & Nelson, C.B. (1995). [Posttraumatic stress disorder in the national comorbidity survey](#). *Archives of General Psychiatry*, 52(12): 1048-1060. <14,899 citations>
2. Brewin, C. R., Andrews, B. & Valentine, J. D. (2000). [Meta-analysis of risk factors for posttraumatic stress disorder in trauma-exposed adults](#). *Journal of Consulting and Clinical Psychology*, 68(5): 748. <7254 citations>
3. Hoge, C. W., Castro, C. A., Messer, S. C., McGurk, D., Cotting, D. I. & Koffman, R. L. (2004). [Combat duty in Iraq and Afghanistan, mental health problems, and barriers to care](#). *New England Journal of Medicine*, 351(1): 13-22. <6909 citations>
4. Ozer, E.J., Best, S.R., Lipsey, T.L. & Weiss, D.S. (2003). [Predictors of posttraumatic stress disorder and symptoms in adults: A meta-analysis](#). *Psychological Bulletin*, 129(1), 52. <5503 citations>
5. Nolen-Hoeksema, S. & Morrow, J. (1991). [A Prospective Study of Depression and Posttraumatic Stress Symptoms After a Natural Disaster: The 1989 Loma Prieta Earthquake](#). *Journal of Personality and Social Psychology*, 61(1), 115 <4407 citations>
6. Breslau, N., Davis, G.C., Andreski, P. & Peterson, E. (1991). [Traumatic events and posttraumatic stress disorder in an urban population of young adults](#). *Archives of General Psychiatry*, 48(3): 216-222. <4268 citations>
7. Breslau, N., Kessler, R. C., Chilcoat, H.D., Schultz, L.R., Davis, G.C. & Andreski, P. (1998). [Trauma and posttraumatic stress disorder in the community: The 1996 Detroit area survey of trauma](#). *Archives of General Psychiatry*, 55(7), 626-632. <3978 citations>
8. Resnick, H. S., Kilpatrick, D. G., Dansky, B. S., Saunders, B. E. & Best, C. L. (1993). [Prevalence of civilian trauma and posttraumatic stress disorder in a representative national sample of women](#). *Journal of Consulting and Clinical Psychology*, 61(6), 984. <2934 citations>
9. McEwen, B.S. (2000). [The neurobiology of stress: From serendipity to clinical relevance](#). *Brain Research*, 886(1-2), 172-189. <2715 citations>
10. Galea, S., Ahern, J., Resnick, H., Kilpatrick, D., Bucuvalas, M., Gold, J. & Vlahov, D. (2002). Psychological sequelae of the September 11 terrorist attacks in New York City. *New England journal of medicine*, 346(13), 982-987. <2445 citations>
11. Foa, E.B., Rothbaum, B.O., Riggs, D.S. & Murdock, T.B. (1991). [Treatment of posttraumatic stress disorder in rape victims: A comparison between cognitive-behavioral procedures and counseling](#). *Journal of consulting and clinical psychology*, 59(5), 715. <2322 citations>
12. Hobfoll, S.E., Watson, P., Bell, C.C., Bryant, R.A., Brymer, M.J., Friedman, M.J., ... & Ursano, R.J. (2007). [Five essential elements of immediate and mid-term mass trauma intervention: Empirical evidence](#). *Psychiatry: Interpersonal and Biological Processes*, 70(4), 283-315. <1685 citations>
13. McNally, R.J. (2005). *Remembering trauma*. Harvard University Press. Boston. <1627 citations>
14. Rauch, S.L., Van Der Kolk, B.A., Fiesler, R.E., Alpert, N.M., Orr, S.P., Savage, C.R., ... & Pitman, R.K. (1996). [A symptom provocation study of posttraumatic stress disorder using positron emission](#)



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- [tomography and script-driven imagery](#). *Archives of General Psychiatry*. *Archives of general psychiatry*, 53(5), 380-387. <1545 citations>
15. Kendall-Tackett, K.A., Williams, L.M. & Finkelhor, D. (1993). [Impact of sexual abuse on children: A review and synthesis of recent empirical studies](#). *Psychological Bulletin*, 113(1): 164. <4602 citations>
 16. Ehlers, A. & Clark, D. (2000). [A cognitive model of posttraumatic stress disorder](#). *Behaviour Research and Therapy*, 38(4): 319-345. <978 citations>
 17. Dalgleish, T. (2004). [Cognitive approaches to posttraumatic stress disorder: the evolution of multirepresentational theorizing](#). *Psychological bulletin*, 130(2): 228. <765 citations>.
 18. Campbell, J.C. (2002). Health consequences of intimate partner violence. [Health consequences of intimate partner violence](#). *The lancet*, 359(9314), 1331-1336. <689 citations>
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 20. Vogt, D.S., King, D.W. & King, L.A. (2007). [Risk pathways for PTSD](#). *Handbook of PTSD: Science and practice*, 99-115. Guilford Press: New York. <506 citations>
 21. McNally, R.J. (2007). [Mechanisms of exposure therapy: how neuroscience can improve psychological treatments for anxiety disorders](#). *Clinical psychology review*, 27(6): 750-759. <429 citations>
 22. Rosen, G.M. & Lilienfeld, S.O. (2008). [Posttraumatic stress disorder: An empirical evaluation of core assumptions](#). *Clinical psychology review*, 28(5): 837-868. <405 citations>
 23. Elwood, L.S., Hahn, K.S., Olatunji, B.O. & Williams, N.L. (2009). [Cognitive vulnerabilities to the development of PTSD: A review of four vulnerabilities and the proposal of an integrative vulnerability model](#). *Clinical Psychology Review*, 29(1): 87-100. <371 citations>
 24. Ehlers, A., Bisson, J., Clark, D.M., Creamer, M., Pilling, S., Richards, D, ... & Yule, W. (2010). [Do all psychological treatments really work the same in posttraumatic stress disorder?](#). *Clinical Psychology Review*, 30(2): 269-276. <329 citations>

More information

[Comcare training list](#). Comcare offers a range of education and training on topics including: health and safety of employees and other people at work; early intervention; recovery and injury management; workers' compensation and work health and safety legislation.

[Workplace Research Monthly](#). Subscribe or visit the webpage for monthly updates highlighting the latest research on the health benefits of work, recovery at work, return to work and work health and safety issues.

[GPs and medical practitioner subscription](#). Medical professionals can join a specific email subscription list to receive targeted information and resources from Comcare.

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