

# DOES EARLY PSYCHOLOGICAL INTERVENTION PROMOTE RECOVERY FROM POSTTRAUMATIC STRESS?

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## About the Authors

*Richard J. McNally* received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1982. His first academic appointment was at the University of Health Sciences/The Chicago Medical School, where he established the Anxiety Disorders Clinic. In 1991, he moved to the Department of Psychology at Harvard University, where he is now Professor. He has more than 220 publications, most concerning anxiety disorders (e.g., posttraumatic stress disorder, or PTSD; panic disorder; obsessive-compulsive disorder), including the books *Panic Disorder: A Critical Analysis* (Guilford Press, 1994) and *Remembering Trauma* (Belknap Press/Harvard University Press, 2003). He served on the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders*, fourth edition, committees on PTSD and simple phobia, and his research is supported by the National Institute of Mental Health. He is a Fellow of the American Psychological Society.

*Richard A. Bryant* received his Ph.D. in psychology from Macquarie University, Sydney, Australia, in 1989. He held a variety of clinical posts in Sydney and in 1995 accepted an academic position at the University of New South Wales, where he is now Professor. He is currently director of the PTSD Unit at Westmead Hospital in Sydney. His PTSD Unit has developed a series of assessment tools for acute stress disorder, and has conducted four controlled treatment studies of acute stress disorder. He has published 140 journal articles in the fields of PTSD, dissociation, and hypnosis and is coauthor (with A. G. Harvey) of *Acute Stress Disorder* (American Psychological Association, 2000). He has consulted on trauma response policies to military and civilian organizations in Australia, the United States, and the United Kingdom.

*Anke Ehlers* obtained her Ph.D. in psychology (1985) from the University of Tübingen, Germany, and a postdoctoral degree in clinical psychology and psychophysiology (Habilitation, 1990) from the University of Marburg, Germany. She has been Professor of Experimental Psychopathology and Wellcome Trust Principal Research Fellow at the Department of Psychology, Institute of Psychiatry, King's College London, since October 2000. Her previous posts include Research Scholar at Stanford University (1983–1985); Assistant Professor at the Department of Psychology, University of Marburg (1985–1991); Professor of Clinical Psychology at the Department of Psychology, University of Göttingen, Germany (1991–1993); and Wellcome Trust Principal Research Fellow at the Oxford University Department of Psychiatry, United Kingdom (1993–2000). Her research and clinical work focus on anxiety disorders (panic disorder, PTSD, social phobia) and psychological aspects of cardiovascular and dermatological problems. She has published widely on these topics (more than 130 publications). Her research is funded by the Wellcome Trust, a medical charity.