

Post Trauma Family Clinic



Services

A person may have been exposed to a traumatic event, where the individual experienced, witnessed or was confronted with an event that involved actual or threatened death, serious injury or threat of physical, emotional harm to one's self or others may set up stress reactions. Stress reactions to traumatic events may be acute (immediate to several days or a couple of weeks) or chronic (lasting three months or longer) or delayed, that is longer than six months. Some reactions may include how one feels, thinks or acts.

People respond differently to the same type of traumatic event. Sometimes following a traumatic loss, issues of grief and bereavement may be distressing and overwhelm a person.

Services are available for individuals, couples, family therapy, children, adolescents, and adults.

Therapy may include learning skills for coping anxiety, dealing with negative thoughts, managing anger, preparing for stressful events, handling future symptoms,

dealing with issues of alcohol or self-medicating, and communicating and relating with others.

Normal reactions following a traumatic event can be uncomfortable, but they can be normal in the days and weeks after the trauma. Usually, as time goes by, these feelings diminish and eventually they go away.

Common reactions to trauma:

- Trouble sleeping
- Changes in your appetite
- Feeling tired or irritable
- Feeling nervous
- Feeling “numb”
- Feeling “jumpy”
- Needing to stay close to loved ones
- Having “flashbacks” seeing a replay of the trauma in your mind

If you or a family member experiences two or more of the following, you may want to see a mental health professional: 1. difficulty falling or staying asleep; 2. irritability or outbursts of anger; 3. difficulty concentrating; 4. hypervigilance; 5. exaggerated startle response.

Some Common Questions after Experiencing a Traumatic Event

What is Trauma?

All of us go through difficult times in our lives. An injury or the death of a loved one can cause grief and sadness. But there are times when a sad event becomes a traumatic one. Trauma is when the sad event is unusually frightening or threatening—either because it is unexpected or because it is very violent. Trauma can cause great distress and disruption in one’s everyday life.

What happens after you have been through a trauma?

A traumatic event can affect you mentally, physically and emotionally. You may be surprised to learn that after a traumatic event, your body responds by releasing hormones that tell the body to prepare for defensive action.

Staff



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**Fees:**

Payment for each counseling visit is due at the time of registration. The patient is responsible for any financial fees that are not reimbursable by insurance or third-party payors, including any co-pays and services not covered under an insurance plan.

Location:

We are located on the 6th floor of the University Hospital Clinics.

Contact Information:

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