Trauma Management Therapy
Program Director:
Deborah Beidel, Ph.D., ABPP

Dr. Beidel is a Trustee Chair and Pegasus Professor of Psychology and Medical Education, and Director of UCF RESTORES. She is recognized internationally for her work in trauma and anxiety.

Dr. Beidel was an integral part of the outreach team to first responders in the Orlando community after the Pulse Nightclub shootings in June, 2016.

Along with her colleagues, Dr. Clint Bowers and Dr. Sandra Neer, she directs UCF RESTORES, a new multi-disciplinary center that uses technology to enhance and disseminate empirically supported treatments for anxiety, stress and trauma-related disorders.

Directions
UCF RESTORES is located on the 2nd floor in the Psychology Building on UCF’s Main Campus in Orlando. To get here, drive to UCF’s Main Orlando Campus and enter through Gemini Blvd. N. Follow Gemini Blvd. N. past the Lake Claire Dorms. Make a right just before the Fairwinds Alumni Center and continue straight to the oval-shaped parking lot directly in front of the Psychology Building. There is a parking lot reserved for clients of the clinic at no cost. Please enter through the Psychology lobby entrance and take the elevator to the 2nd floor, Suite 203.

University of Central Florida
UCF RESTORES
UCF Psychology Building #99
4111 Pictor Lane, Suite 203
Orlando, FL 32816
UCFRESTORES.com

A comprehensive treatment program for first responders and medical professionals experiencing traumatic stress as a result of occupational hazards.

407-823-3910
Toll Free: 1-844-269-0474
What is Posttraumatic Stress Disorder (PTSD)?

PTSD may develop when a person experiences a traumatic event in which actual or threatened death or injury is involved. Later, the event is often re-experienced through intrusive thoughts, dreams, or flashbacks. Avoidance of activities, places, or people that are reminders of the event is common. Feelings of isolation and detachment from others may also be present. A third aspect of PTSD is increased arousal, which may include difficulty sleeping, irritability and anger, hyper-vigilance, or an exaggerated startle response. PTSD is associated with poor quality of life, guilt, unemployment, and other life challenges.

How Common is PTSD?

PTSD may affect about 8% of the adult population in the United States. At-risk groups, such as first responders to domestic terror attacks, have much higher rates, up to 18%.

How is PTSD Treated?

Successful treatment is based on a scientific process known as extinction. Imagine you had a fear of dogs. If dogs are avoided, the fear becomes stronger, but if you come into contact with dogs (in a controlled manner), the fear will decrease (or extinguish).

Traumatic events are more complicated, but are treated in the same way. Under the guidance of a psychologist, repeated exposure to the thoughts or images of the traumatic event will reduce fear and anxiety. Because it is impossible to re-create the traumatic event that has occurred in real life, virtual reality software is used as a tool to aid in the treatment of PTSD. Sights, sounds and smells can be used in the exposure therapy to increase its effectiveness.

Although highly effective, exposure therapy often does not address all of the emotions that may follow traumatic events. Therefore, a second element of Trauma Management Therapy is group treatment, whereby participants learn to deal with the anger, depression, and social isolation that often accompanies stress and traumatic events.

How can I learn more about participating in this program?

The program is available to first responders and medical professionals whose lives have been impacted by a traumatic event. If you are suffering from PTSD or trauma-related symptoms, you may qualify to participate in this comprehensive treatment program. Currently being conducted at UCF RESTORES, this program combines individual virtual reality exposure therapy with group treatment.

The program length varies based on individual needs and can be administered in an intensive outpatient format (typically three weeks of daily treatment) or outpatient format (typically one to two visits per week). Both formats consist of approximately 35 hours of therapy.

While there is no charge for taking part in this treatment program, participants from out of town must secure their own housing for the program.

If you have experienced a traumatic event please call to schedule a confidential phone interview with Clinical Program Coordinator Monica Friedman at 407-823-3910.