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 the presence of negative thoughts and mood. The final aspect is increased arousal, which may include difficulty sleeping, irritability and anger, hyper-vigilance, or an exaggerated startle response.

PTSD is often 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 exposed to specific traumatic events, such as those exposed to military combat, 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 events of war 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 exposure therapy to increase its effectiveness.

Although highly effective, exposure therapy often does not address all of the challenges of returning to civilian life. Therefore, a second element of Trauma Management Therapy is group treatment, whereby veterans learn to deal with the anger, depression, and social isolation that often accompanies PTSD and re-adjustment after deployment.

How can I learn more about participating in this program?

The program is available to all veterans and active military personnel, regardless of service branch or discharge status, and regardless of the type of trauma. If you are suffering from PTSD or trauma-related symptoms, you may benefit from this comprehensive treatment program at UCF RESTORES.

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 transportation and housing for the program. Florida residents are eligible for free housing due to the generous gift from a local foundation.

Exposure to traumatic events may lead to PTSD.

If you have experienced a combat-related traumatic event, please call to schedule a confidential phone interview with the Coordinator of Clinical Services: Monica Friedman at 407-823-3910 option 1.
TRAUMA MANAGEMENT THERAPY

A comprehensive program for veterans and active duty military personnel with combat-related Posttraumatic Stress Disorder.

407-823-3910
Toll Free: 1-844-269-0474

UCF RESTORES offers a PTSD Family Series to provide family members with education about PTSD and other stress reactions. The series includes information about treatment options for PTSD and ways to incorporate health coping and communication strategies into a family dynamic. Anyone who has a loved one suffering from PTSD is welcome to attend.

This free series is held the second Tuesday evening of every month in the Psychology Building located on the main campus of the University of Central Florida. For more details, please contact Monica Friedman at 407-823-3910 opt. 1.

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.

Along with her colleagues, Dr. Clint Bowers and Dr. Sandra Neer, she directs UCF RESTORES, a 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.

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

University of Central Florida
UCF RESTORES
UCF Psychology Building #99
4111 Pictor Lane
Orlando, FL 32816
www.ucfrestores.com

For More Information Please Call:
407-823-3910
Toll Free: 1-844-269-0474