Dr. Beidel, Professor and Director of the Anxiety Disorders Clinic at UCF, is the Principal Investigator of this clinical research program funded by the Department of Defense Military Operations Medical Research Program. Dr. Beidel is internationally recognized for her work in anxiety disorders and has directed similar programs with Vietnam veterans with combat related PTSD. She is joined by a group of doctoral-level psychologists in this project with experience implementing treatment for PTSD.

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

**Directions**

The Anxiety Disorders Clinic is located 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. Follow Gemini Blvd 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, located conveniently at the entrance to our waiting room.

**University of Central Florida**

Anxiety Disorders Clinic

UCF Psychology Building

4000 Central Florida Blvd.

Orlando, FL 32816

http://anxietyclinic.cos.ucf.edu

**For More Information Please Call:**

(407)-823-1668
What is Post-Traumatic Stress Disorder (PTSD)?

PTSD may develop when a person experiences a traumatic event in which actual or threatened death or injury is involved, and the response is intense fear or helplessness. 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 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 the exposure therapy to increase the effectiveness of the therapy.

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 military personnel, regardless of service branch, who were deployed to Iraq or Afghanistan. If you are suffering from PTSD, you may qualify to participate in this clinical research program. This program, to be conducted at University of Central Florida Anxiety Disorders Clinic, is funded by the Department of Defense and combines Virtual-Reality Exposure Therapy with group treatment. You will not be charged for taking part in this treatment program. The program is 17 weeks in length and includes 29 treatment sessions. You will participate in a total of 35 hours of therapy during the 17 week treatment program.