

Trauma/PTSD

Many people have experienced some kind of traumatic or stressful event. Examples can include: violent personal assaults, accidents, natural disasters, and military combat. Sometimes those who have been exposed to a situation that could have resulted in actual or perceived personal harm, suffer from symptoms of Post Traumatic Stress Disorder (PTSD).

Signs of PTSD may include:

Re-experiencing symptoms

- Flashbacks
- Bad dreams
- Frightening thoughts

Avoidance symptoms

- Staying away from places, objects, or people that remind one of the event
- Feeling emotionally numb
- Feeling guilt, depression, or worry
- Having trouble remembering the event

Hyper-arousal symptoms

- Feeling "on edge"
- Being easily startled
- Having trouble sleeping
- Having angry outbursts of temper

Treatment is available

If you can relate to some of the symptoms of PTSD you can consult a therapist to discuss your case. We will offer you an integrated combination of cognitive and behavioral therapy designed to work with how you continue to think about your trauma and yourself.

Additionally, we offer progressive desensitization and exposure therapy in order to re-teach your body and mind to re-member the trauma as a past event and something that has no power over you in the here and now.