

UCF RESTORES SEXUAL TRAUMA PROGRAM



Deborah Beidel, Ph.D., ABPP
Director, UCF RESTORES

Dr. Deborah Beidel is the Director of UCF RESTORES, and a Trustee Chair and Pegasus Professor of Psychology and Medical Education. She received her Ph.D. from the University of Pittsburgh and completed her internship and post-doctoral fellowship at Western Psychiatric Institute and Clinic in Pittsburgh. Dr. Beidel is internationally known for her work in trauma and anxiety. Under her leadership, UCF RESTORES is a national center for clinical research, clinical services, and training in traumatic stress.



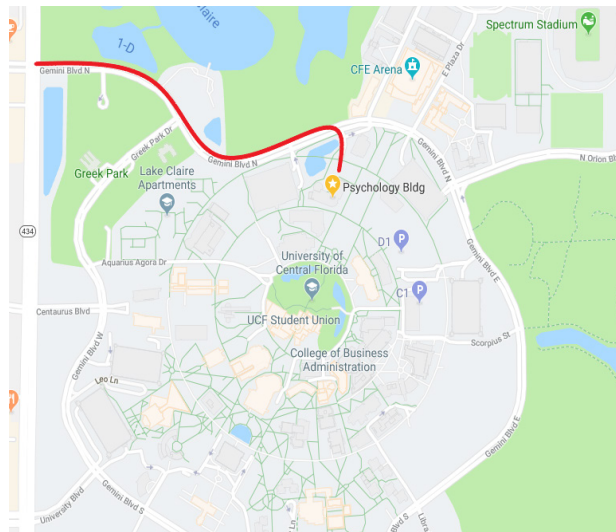
Amie Newins, Ph.D.
Director, Center for Research and Education in Sexual Trauma at UCF RESTORES

Dr. Amie Newins is an Assistant Professor in the Department of Psychology at UCF. She earned her Ph.D. in Clinical Psychology from Virginia Tech and completed her internship at the Durham VA Medical Center. She received specialized training in the treatment of trauma- and stressor-related disorders, particularly following sexual trauma. Dr. Newins has also conducted multiple research studies and authored several papers in the area of sexual trauma.

Directions

UCF RESTORES is located on the 2nd floor of the Psychology Building on UCF's Main Campus in Orlando. To get here, enter campus through Gemini Blvd. N. and drive 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 patients 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
Psychology Building #99
4111 Pictor Lane, Ste. 203
Orlando, FL 32816



407-823-3910
WWW.UCFRESTORES.ORG



SEXUAL TRAUMA

Surviving with invaluable
treatment tailored to
your needs



RESTORES

LIVES + FAMILIES + COMMUNITIES

UNIVERSITY OF CENTRAL FLORIDA

What is Sexual Trauma?

Sexual trauma is any sexual act that occurs without consent from all parties.

Sexual assault can involve a range of different sexual behaviors (e.g., touching, oral sex, vaginal sex, or anal sex).

Sexual assault can occur when one person forces (e.g., uses physical force or weapons) or coerces (e.g., threatens to end the relationship or to spread rumors, denies a promotion) another person into engaging in sexual activities.

Sexual assault can also occur when a person engages in sexual activity with another person who is unable to consent (e.g., too intoxicated to consent, drugged).



Prevalence of Sexual Trauma

Approximately 20 to 25% of women and 13% of men in the United States report that they have experienced a sexual assault during their lifetime.

Aftermath of Sexual Trauma

Following sexual trauma, many individuals experience difficulties such as anxiety when thinking about the assault or when exposed to reminders of the assault, sleep problems, increased substance use, difficulties trusting others, and problems at work or school.

Feelings of fear, sadness, anger, guilt, and shame are also common.



Who Experiences Sexual Trauma?

Sexual trauma knows no boundaries.

People of all ages, races, sexes, genders, and sexual orientations experience sexual trauma.

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Treatments for Sexual Trauma

At UCF RESTORES, we use a variety of evidence-based treatments that are tailored to each person's individual needs.

These treatments include exposure therapy, cognitive processing therapy, anger management, cognitive-behavioral treatment for insomnia and sleep hygiene, and behavioral activation for depression.

Treatment is provided at **no cost** by licensed psychologists, licensed clinical social workers, and advanced doctoral students in clinical psychology.

Treatment may involve individual and/or group formats, depending on specific needs.

We also have an intensive treatment program, and for individuals who reside outside of the Orlando area, we can help arrange hotel accommodations when needed.



Who can you call?

If you have experienced a traumatic event, please call to schedule a confidential phone interview with our Clinical Care Coordinator at **407-823-3910**.