

## 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.



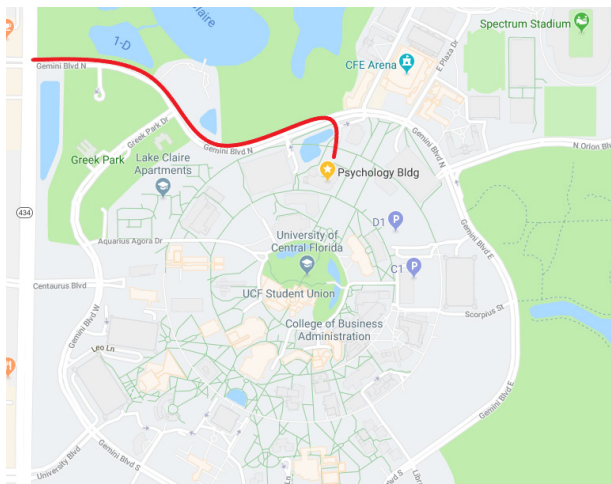
**Amie Newins, Ph.D.**  
Director, Center for  
Research and Education  
in Sexual Trauma at UCF  
RESTORES

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 military 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](http://WWW.UCFRESTORES.ORG)



**Sometimes the  
most traumatic  
injuries happen far  
from the battlefield**



**RESTORES**  
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## What is Military Sexual Trauma (MST)?

The VA defines Military Sexual Trauma (MST) as sexual assault or sexual harassment that occurs during military service.

Sexual assault is any sexual act that occurs without consent from all parties. Sexual assault includes events in which one person forces (e.g., uses physical force or a weapon) or coerces (e.g., denies a promotion, threatens to spread rumors) another person into engaging in sexual activities or when a person engages in sexual activity with someone who is unable to consent (e.g., too intoxicated, drugged).

Sexual harassment includes unwanted touching, grabbing or repeated remarks of a sexual nature.



## Aftermath of Sexual Trauma

Individuals who experience sexual trauma may have difficulty around reminders of the assault. They also may have sadness, anger, substance use, sleep trouble, and problems at work or school.

## YOU ARE NOT ALONE

MST occurs across all branches of the military. More than one out of four women and one out of 100 men report they experienced MST during their military service. This translates to more than 145,000 veterans who have been affected by MST.

However, these numbers are only a rough estimate, as they are based on the number of veterans who disclosed MST to a VA provider during the MST screening; therefore these numbers likely underestimate the numbers of veterans with MST.



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## Treatments for MST

At UCF RESTORES, we use 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 clinical psychologists, licensed clinical social workers, and advanced doctoral students in clinical psychology, and uses group or individual formats, depending on specific need.

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