

No words or services can ever erase a tragedy, however, we can provide support and treatment to those in need of help with combating the symptoms of PTSD and other trauma related concerns.

UCF RESTORES can provide crisis management support to first responders and anyone in need of immediate aid.

UCF RESTORES Trauma Therapy Program

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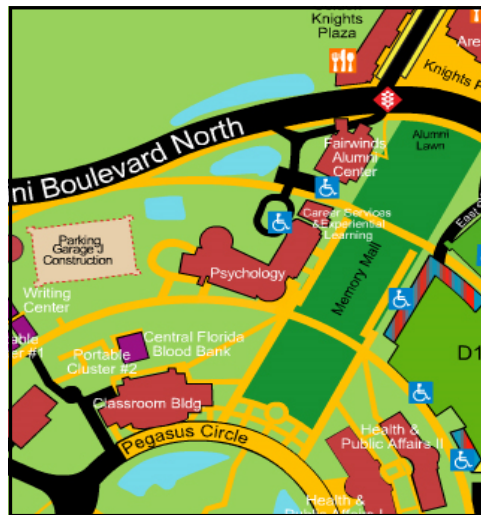
For help please contact us at
407-823-3910

UCF RESTORES Clinic

4111 Pictor Lane · Orlando, FL 32816-1390

Directions

The Trauma Therapy Clinic is located in the Psychology Building across from the arena on UCF's Main Campus in Orlando. To get here, drive to UCF's Main Campus and enter through N. Gemini Blvd. Follow Gemini Blvd. North past Parking Garage H and make a right on Pictor Lane just before the Fairwinds Alumni Center. Continue into the oval-shaped parking lot which is reserved for our clients at no cost. Please enter through the Psychology Clinic entrance on the side of the building.



University of Central Florida

In the Aftermath of Trauma

UCF RESTORES provides
crisis management support
after tragedies.

You are not alone.
Together, we will recover.
Together, we will find
peace.



Department of Psychology

If you have been touched by a traumatic event, you may have trouble sleeping. You may have nightmares. You may have lost your appetite. You may find that you are unable to stop thinking about the event. You may feel anxious, fearful, keyed up or unable to relax. You may suddenly feel as if the event is happening again.

In the immediate aftermath of a traumatic event, these feelings and behaviors are normal and expected. Your mind is trying to process what happened and it will take time.

For most of us, the outcome will be recovery and resilience. Just as our bodies heal after an injury or surgery, our minds will heal as we recover from the event. This means that over the next few weeks or months, most people will see their reactions to the event lessen as time progresses. Your appetite will come back, you will sleep better and you will not be so focused on the event. This is the process of recovery.



Here are some things that you can do to help the recovery process

1. Try to sleep when you can, and even if you cannot eat a lot, eat well. Take care of your body so that your body can take care of you.
2. Turn to the people you trust - friends, family, co-workers and talk to them - but only if and when you want to talk.
3. If you are the friend or relative of someone who has been affected by a tragedy and they want to talk to you,
 - ✓ listen supportively,
 - ✓ do not probe for details or try to get them to "grieve,"
 - ✓ let the person say what they want to say – do not push for more, and
 - ✓ remind them that recovery takes time – all feelings are normal and natural to the recovery process.

Full recovery may take several months, but if there is no decrease in symptoms after one or two months, consider seeking professional help.

Other Tips to Help in Your Recovery

Feeling keyed up or anxious

- Try some deep breathing. Inhale slowly through your nose (count slowly to 5) and fill your lungs down to your stomach. Exhale slowly through your mouth (count slowly to 5). Do this 5 times and as often as you need.
- If you have a smartphone, download the free app "breathe2relax."

Feeling overwhelmed

- Identify priorities and decide what to do first.
- Break the tasks into manageable steps.
- Identify people or agencies who can help and ask for help.

Encountering reminders of the event

- Understand that people, places, sounds, smells, may trigger reminders of the traumatic event.
- Watching news coverage may trigger thoughts or emotions related to the event.
- Remind yourself that these reactions are normal and you are in recovery.

Difficulty sleeping

- Go to bed at the same time each night.
- Try not to nap after 4:00pm.
- Do not drink caffeinated beverages in the evening.

Using alcohol / drugs to sleep or feel better

- Alcohol will not help you sleep better; passing out is not sleeping.
- Alcohol will interfere with the natural sleep process.

