



**Deborah Beidel,
Ph.D., ABPP**
Executive Director

Dr. Deborah Beidel is the Executive Director of UCF RESTORES, and a Trustee Chair and Pegasus Professor of Psychology and Medical Education.

Dr. Beidel was an integral part of the outreach team to first responders in the Orlando community after the Pulse Nightclub shooting in June 2016. She also led the team deployed to Surfside, following the Champlain Towers South collapse, to provide mental health support for first responders on the site.

Along with her colleagues, Drs. Clint Bowers and Amie Newins, she directs UCF RESTORES, a multi-disciplinary center that uses technology to enhance and disseminate empirically supported treatments for anxiety, stress and trauma-related disorders.



Kim Neisler, RN
Fire/EMS
Outreach Coordinator



Nancy Rosado, MSW
Law Enforcement
Outreach Coordinator



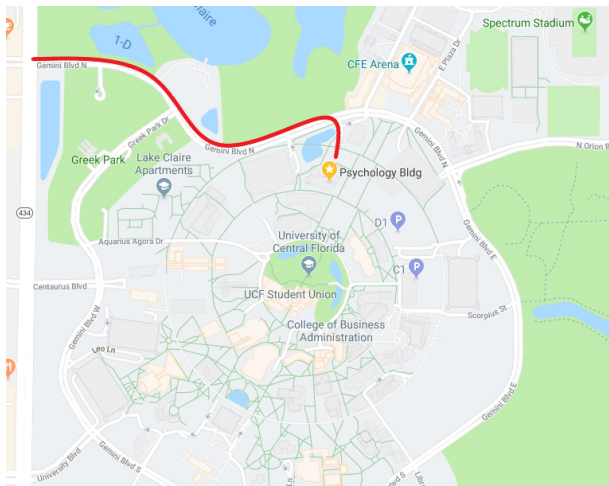
Brett Meade, Ed.D.
Law Enforcement
Outreach Coordinator

As a retired fire chief, retired police sergeant, and retired police chief, our First Responder Outreach Coordinators, ensure a level of cultural competency is maintained at UCF RESTORES as we serve the front-line workers who are protecting and serving our community.

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.COM



**Responding to
tragedy is your job.**

**Helping you cope
is ours.**



RESTORES

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Trauma Management Therapy

First responders render aid every day to individuals who have experienced trauma, but how often do we think about the impact of that work? Helping people through traumatic events, over and over again, can itself be traumatic, and the professionals who do this work are particularly susceptible to suffer the effects of Posttraumatic Stress Disorder (PTSD).

Those who suffer with PTSD may re-experience traumatic events through intrusive thoughts, dreams or flashbacks, and it's common for them to avoid activities, places or people that remind them of those events.

PTSD can have a devastating impact, but it can also be treated, and at UCF RESTORES that treatment is having unprecedented success for first responders and medical professionals.



First responders are exposed to traumatic events and stressors on a regular basis

How Common is PTSD?

PTSD may affect about 8% of the adult population in the United States. At-risk groups, such as first responders, have much higher rates, up to 18%.

How is PTSD Treated?

Successful treatment is based on a scientific process known as extinction. Imagine you have 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 much the same way. Under the guidance of clinical professionals at UCF RESTORES, repeated exposure to thoughts or images of traumatic events reduces fear and anxiety.

We do this through individualized exposure therapy that incorporates virtual reality to re-create traumatic events as accurately as possible, greatly increasing the effectiveness of PTSD treatment.

Trauma Management Therapy also includes a group program which helps participants learn to deal with the anger, depression, sleep problems, and social isolation that often accompany stress and trauma. Following treatment, 76% of first responders no longer meet the diagnostic criteria for PTSD, an unmatched success rate that points to the effectiveness of this unique approach.

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How can I participate in this program?

The program is available to first responders whose lives have been impacted by traumatic events. If you are suffering from PTSD or trauma-related symptoms, you may benefit from this comprehensive treatment program.

The program length varies based on individual needs and can be administered in an intensive outpatient format (typically two weeks of daily treatment) or outpatient format (typically one or two visits per week). Both formats consist of approximately 35 hours of therapy.

While there is **no charge** for taking part in this treatment program, participants who reside outside the state of Florida will be responsible for their own housing.



Feelings of isolation and detachment from others are aspects of PTSD

Who can you call?

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