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.

UCF RESTORES provides
crisis management support
after tragedies.

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

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
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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.

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.