



**Deborah Beidel, Ph.D., ABPP**  
Dr. Beidel is an expert in PTSD treatment and research

## Trauma Management Therapy Program Director

Dr. Deborah Beidel is the Director of UCF RESTORES, and a Trustee Chair and Pegasus Professor of Psychology and Medical Education. She is recognized internationally for her work in trauma and anxiety.

Along with her colleagues, Drs. Clint Bowers, Sandra Neer, Amie Newins, and David Rozek, 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.

### PTSD Family Series

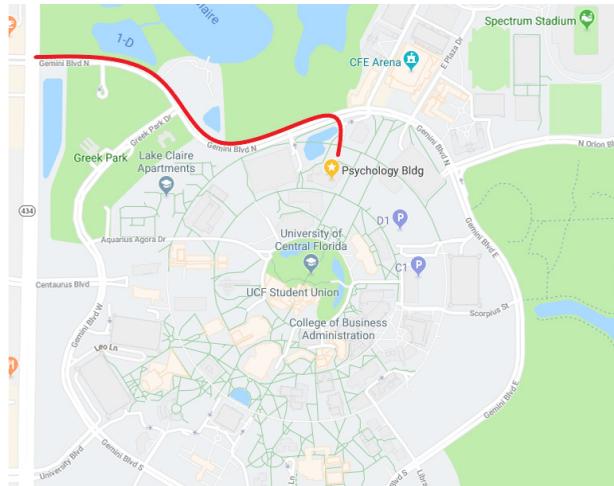
UCF RESTORES offers a PTSD Family Series to provide family members with education about PTSD and other stress reactions. The series includes information about treatment options for PTSD and ways to incorporate healthy coping and communication strategies into a family dynamic. Anyone who has a loved one suffering from PTSD is welcome to attend this series at no cost.

This series is offered based on participant interest and need. For more details regarding location and scheduling, please contact us at **407-823-3910 option 1.**

## 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.

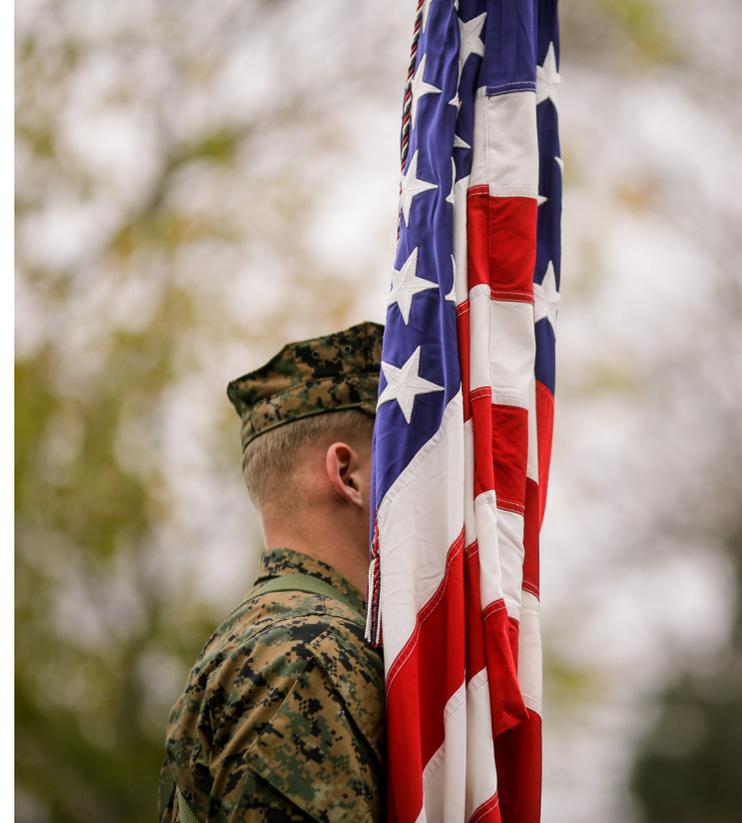
There is a parking lot reserved for patients of the clinic at no cost. Please enter through the Psychology lobby entrance and take the elevator to the 2nd floor, Suite 203.



University of Central Florida  
UCF RESTORES  
Psychology Building #99  
4111 Pictor Lane, Ste. 203  
Orlando, FL 32816



**407-823-3910**  
**WWW.UCFRESTORES.ORG**



**Even when  
deployment ends...  
The war can follow  
you home**



**RESTORES**  
LIVES + FAMILIES + COMMUNITIES

UNIVERSITY OF CENTRAL FLORIDA

## Trauma Management Therapy

It comes as no surprise that those who have experienced the stress and trauma of combat often deal with impacts long after their deployment ends. When a person experiences a traumatic event in which actual or threatened death or injury is involved, Posttraumatic Stress Disorder (PTSD) may develop.

Avoidance of activities, places or people that are reminders of the event is common, as are feelings of isolation and detachment. Common too is increased arousal that may include difficult sleeping, irritability and anger, hyper vigilance, or an exaggerated startle response.

Helping veterans and active military personnel overcome the impacts of PTSD is the mission of UCF RESTORES, a multi-disciplinary treatment center that is having unprecedented success.



## How Common is PTSD?

PTSD may affect about 8% of the adult population in the United States. At-risk groups, such as those exposed to combat, 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 software to re-create traumatic events as accurately as possible, greatly increasing the effectiveness of PTSD treatment.

Trauma Management Therapy also includes group therapy that further helps veterans learn to deal with the anger, depression, sleep difficulties, and social isolation that often accompany stress and traumatic events. Following treatment, 66% of veterans (and active military personnel) 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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[WWW.UCFRESTORES.ORG](http://WWW.UCFRESTORES.ORG)

## How can I participate in this program?

The program is available to all veterans and active military personnel, regardless of service branch or discharge status, and regardless of the type of military trauma. 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 three 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.



## 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 option 1**.