



# INFO SHEET

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## What is Trauma?

Trauma refers to any event that overwhelms an individual's ability to cope or process the experience, leaving them feeling helpless, frightened, or even in danger. It could be a one-time event, such as a car accident or a natural disaster, or it could be ongoing, such as physical or emotional abuse.

Trauma can have a profound impact on a person's physical, emotional, and psychological well-being. It can lead to a range of symptoms, including anxiety, depression, flashbacks, nightmares, insomnia, and more.

## Trauma and PTSD/CPTSD

Trauma that leads to Posttraumatic Stress Disorder (PTSD) or Complex Posttraumatic Stress Disorder (CPTSD) occurs when the individual has what are the normal responses to a traumatic experience, but these responses become stuck and don't reduce in intensity over time.

The following is a list of common PTSD symptoms:

1. Intrusive thoughts or memories of the traumatic event
2. Nightmares or disturbing dreams related to the event
3. Flashbacks or feeling as though the traumatic event is happening again
4. Avoiding reminders of the traumatic event
5. Difficulty remembering important details about the event
6. Negative changes in beliefs or feelings, such as feeling detached or estranged from others, feeling guilty or ashamed, or feeling a sense of hopelessness about the future
7. Hypervigilance, or being constantly on guard for danger
8. Difficulty sleeping or concentrating
9. Irritability or angry outbursts
10. Being easily startled or frightened.

It is important to be aware that these symptoms are also the normal reaction. PTSD can't be diagnosed for the first month after a trauma because these symptoms take time to change. If symptoms are still present three months after a trauma it is important to seek help.

## How can the Centre for Clinical Psychology help with Trauma?

The Centre for Clinical Psychology is a mental health clinic that specializes in providing evidence-based treatment for a range of mental health issues, including trauma. The centre offers a range of therapy options, including Cognitive Behavioural Therapy (CBT), and Trauma-Focused therapies such as Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE).

CBT is a type of therapy that helps individuals identify and change negative patterns of thinking and behavior. CPT is a specialized therapy that helps individuals process traumatic events and the meaning of the event(s). PE is a therapy that is specifically aimed at processing the experienced trauma.

At the Centre for Clinical Psychology, clients work with highly trained and experienced therapists who can help them develop the skills and tools they need to manage their symptoms and improve their overall well-being.

If you or someone you know has experienced trauma and is struggling to cope, the Centre for Clinical Psychology may be able to help. Contact them today to learn more about their services and how they can support you on your healing journey. To book an appointment, call the clinic on 03 9077 0122 or visit their website at <https://ccp.net.au/booking/> to book online.