What is PTSD?

I have experienced a traumatic event that involved actual or threatened injury, death, or sexual violation which caused me to:
- Persistently have unwanted thoughts, memories, or images of the traumatic event(s) (i.e. nightmares and flashbacks)
- Want to constantly avoid things or situations that remind me of the trauma
- Have increased symptoms of arousal (i.e. sleep problems, irritability/anger, hypervigilance, and/or exaggerated startle response).

These symptoms are negatively impacting my social, occupational, and relationship functioning, and may impact our appointment today (see back for more information)

This means that I have been diagnosed with this disorder by a mental health professional.

Doctor: I have Post Traumatic Stress Disorder (PTSD)

For more information on PTSD please go to these websites:
Gift From Within - PTSD Resources http://www.giftfromwithin.org
http://www.samhsa.gov/nctic/

You can help me in this appointment by:

* Introducing yourself and anyone else who may come in the room.
* Allowing me to remain clothed for as much of the appointment as possible.
* Asking permission to touch me.
* Being patient and understanding that I am likely not comfortable.
* Talking me through procedures, even very routine ones.
* Repeating information if I ask.
* Coming to check on me if I'm left alone in the room for a while.
* Knowing that I see a therapist for treatment.

My therapist is: ___________________________ Phone: ________________