

## SIGNS AND SYMPTOMS

Individuals suffering from PTSD can display some or all of the following symptoms:

**Obsessive thinking** - repetitive analyzing of the “why’s” of the traumatic event as a way to avoid despair and emotional pain.

**Dissociation/Splitting** - Compartmentalizing memory and emotion, losing time, extreme detachment, “leaving the body” experiences.

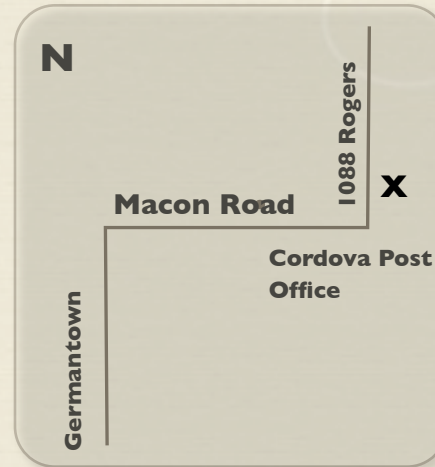
**Interpersonal Relationship Problems** - lack of trust, suspicion of and need to control others, projecting of emotions on others and an inability to bond.

**Physical complaints** - vague, non-specific aches, pains and muscular tension - body memories related to the traumatic event.

**Compulsive/Destructive behavior** - flashbacks, nightmares. An inability to “get away” from images, dreams and obsessive thinking about the trauma coupled with avoidance of reminders of the event. Hypervigilance: feeling on guard, startle easily, nervousness and agitation. Sleep loss and emotional and physical exhaustion. Use of alcohol, drugs, overeating, risk taking and staying in abusive relationships.

**Inability to regulate emotions** - extreme swings of emotional behavior such as rage, hysterical sobbing.

**Distorted negative self-identity and world view** - individuals blame themselves and perceive that they are “dirty,” “bad,” “evil or disgusting” for not having been able to control events. Learned helplessness, inability to plan and follow through, & general negativism and cynicism.



**THE TRANSFORMATION CENTER  
AND ASSOCIATES**  
1088 Rogers Road Cordova, TN 38018  
T: 901-755-1396 F: 901-757-4212  
W: [www.transformationmemphis.com](http://www.transformationmemphis.com)

## THE TRANSFORMATION CENTER & ASSOCIATES

### OVERCOMING TRAUMA

&

### GRIEF





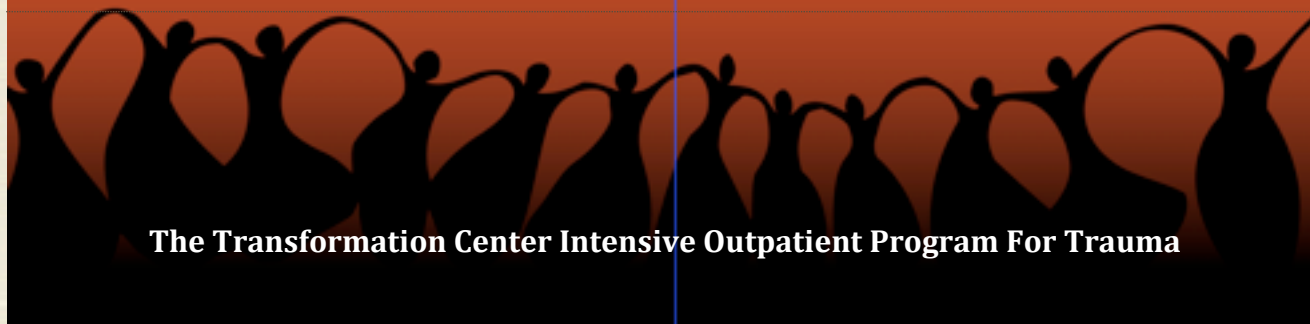
## Welcome to The Transformation Center !

Trauma is no respecter of persons. PTSD (Post Traumatic Stress Disorder) the often-disabling aftermath of trauma, can afflict anyone who has experienced a traumatic event. Victims of sexual abuse, combat survivors, victims of crime, traumatic accidents, or those suffering the loss of a loved one – to name just a few precipitating events - can all suffer from PTSD.

Traumatic events affect hundreds of thousands of men and women every year in our country. But there is hope and healing.

The PTSD intensive outpatient program at the Transformation Center is designed to help individuals understand the complex nature of PTSD and to heal from its often debilitating effects.

# OVERCOMING TRAUMA & GRIEF



The Transformation Center Intensive Outpatient Program For Trauma

Our experienced and talented staff has developed a three-week intensive outpatient program providing nine hours of group and individual therapy each week. We use several assessment tools to help identify the nature of the trauma and any behavioral risks. The program utilizes EMDR (eye movement desensitization & reprocessing) educational sessions on relevant issues, group therapy centered on common PTSD issues, and individual therapy sessions and mind-body interventions such as massage therapy and exercise.

We have created an emotionally safe environment where clients can learn to express often-overwhelming emotions and deal with the alien, the unacceptable, the terrifying and the incomprehensible event(s) in their lives.



## How To Receive Help

You may call The Transformation Center and set up an appointment for a free assessment that will help you understand whether or not our program is appropriate for you. At that time you will be able to ask questions and express your possible fears or concerns about treatment. We will help you through every step along the way and encourage you that your healing and a better life is within reach. 901-755-1396.

## Medical Director

**Tejinder Saini, MD**

## Clinical Director

**Cindy Westcott, BA, BS, LCSW**

**Tammy O'Neal LMT Trager Bodywork**

**Debra Fitzgerald LPC**

**Lisa Galliano LPC**

**Kelli Davis LPC**