

POST-TRAUMA REACTIONS

Some of the feeling and behaviors people experience called “post-trauma reactions,” are caused by memories of a traumatic event and include:

- Flashbacks
- Nightmares
- Emotional or physical reactions to memories
- Fears
- Avoiding reminders of the event
- Shutting down emotionally
- Irritability and lack of concentration
- Jumpiness and increased awareness of danger
- Trying to block our memories and forgetfulness

People also experience post-trauma reactions related to surviving a traumatic event, such as:

- Sadness or depression about the loss of a person or relationship, or feelings of lost safety and security
- Anger at the person or circumstance that caused the event
- Uncertainty about personal worth
- Doubts about the trustworthiness of others
- Guilt about surviving
- Questions about why this happened or shaken faith because it happened
- Regressive behavior, or “clinginess”, in children
- Generalized insecurity

RECOVERY

When people experience or witness a traumatic event, such as physical assault, robbery, serious injury or a violent death, it is common to have unsettling feeling, thoughts and behaviors. This is true for victims and their family members, regardless of their age.

People react differently to traumatic events.

Many feel worse right away and gradually get better, but sometimes symptoms or disturbing reactions last for months or even years. Some people find it helpful to:

- Talk about what happened and their feeling
- Get support from people who can be trusted
- Find something of value that has been learned from surviving the traumatic event
- Be actively involved in doing something to recover

Harborview's specially trained, experienced social workers are here to help victims - adults and children - and their family members with:

- Immediate crisis counseling and support to explain normal reactions or to help stabilize the situation
- Trauma - specific treatment to help with learning to talk about what happened, expressing feeling and coping effectively with reactions
- Explanations of legal and medical systems - how they work and what to expect
- Information and support for family and friends
- Assistance in applying for Crime Victims Compensation benefits

ABOUT US

Our Mission:

To prevent and counter the harmful effects of traumatic experiences on victims, families and our community. These experiences include sexual and physical abuse and neglect of children, rape, sexual harassment, violent crime, accidents and disasters. Services reflect the values, beliefs and traditions of our community and are available to people of all ages. We strive to create a society free from interpersonal violence.

The Harborview Center for Sexual Assault and Traumatic Stress has been providing trauma - specific evaluation and treatment services since 1973.

Services are provided free of charge. Thanks to our supporters who we gratefully acknowledge:

Victims of Crime Act, Department of Social and Health Services (DSHS)

Contributions from individuals, foundations, and corporations

Harborview Classic golf tournament

To Request Services

Traumatic Stress counseling services are provided by experienced professional registered/licensed social workers.

To find out more about our services or to speak with a trained professional counselor, please call weekdays at:

Harborview Center for Sexual Assault
and Traumatic Stress
Jefferson Professional Center
1401 East Jefferson, Suite 400
Seattle, WA 98122
206-521-1800
206-521-1808 (TTY)
206/521-1814 (Fax)
Website:



Access accommodations are provided to persons with disabilities. Interpreters are available upon request.

Center for Sexual Assault and Traumatic Stress
Mailing Address:
325 Ninth Avenue
Box 359947
Seattle WA 98104



Harborview Center for Traumatic Stress **TRAUMATIC STRESS COUNSELING**

(206) 521-1800
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Web site: