

Thanks to our supporters who we gratefully acknowledge:

- Contributions from individuals, foundations, and corporations
- City of Seattle, Human Services Department
- King County Women's Program
- Women's Funding Alliance
- United Way of King County

Now with Offices in Seattle, Bellevue, Redmond, and Shoreline

Mailing Address:

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Web site: www.hcsats.org

HCSATS is committed to providing services to all individuals regardless of race, color, religion, disability, pregnancy, national origin, sexual orientation, gender, age, ethnicity, income, veteran status, marital status, or any other basis prohibited by federal, state or local law.

UW Medicine

Our Mission

To prevent and counter the harmful, costly 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, accident 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.



Traumatic Stress Counseling

Harborview Center for Sexual Assault and Traumatic Stress



HCSATS is a Crime Victim Service Center and Member of the Washington Coalition of Crime Victims Advocacy And A Community Sexual Assault Program credited by OCVA.

UW Medicine



Post-trauma reactions

Some of the feelings and behaviors people experience are caused by memories of a traumatic event. They 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 out 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 feeling 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 anxiety

Recovery

When people experience or witness a trauma event, such as rape, child abuse, physical assault, robbery, serious injury or a violent death, it is common to have unsettling feelings, thoughts and behaviors. This is true for victims and their family members, regardless of their age. People react differently to trauma 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:

- Express feelings and talk about what happened
- 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
- Get trauma specific counseling



There is help:

Harborview's specially trained, experienced providers are here to help victims and their families with:

- Immediate crisis counseling, information, advocacy and support to explain normal reactions or to help stabilize a situation
- Trauma specific treatment to help with learning to talk about what happened, expressing feelings and coping effectively with reactions
- Explanations of legal and medical systems; how they work and what to expect and assistance in applying for Crime Victims Compensation benefits

To request services

Traumatic stress counseling services are provided by experienced professional social workers.

To find out more about our services or to speak with a trained professional counselor, please call weekdays at the Harborview Center for Sexual Assault and Traumatic Stress. Please ask for Emergency Department social worker on nights and weekends.

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