

### *Our Mission*

Our mission is to prevent and treat the harmful effects of traumatic experiences on survivors, families and communities, inclusively. We strive to provide high quality, effective and culturally respectful care that is coordinated and multi-disciplinary. We serve the broader community through leadership, prevention, research, education and public policy advocacy.



### 3 Business Locations:

*Seattle Office:*  
401 Broadway, Suite 2075  
Seattle WA 98104

*Bellevue Office*  
UW Neighborhood Factory Clinic  
13231 SE 36<sup>th</sup> St, Suite 110  
Bellevue WA 98006

*Shoreline Office:*  
CHS - Shoreline  
17018 15<sup>th</sup> Ave NE  
Shoreline WA 98155

Mailing Address:  
325 Ninth Ave  
Box 359947  
Seattle WA 98104 Phone:  
206-744-1600 Washington Relay  
Service 1-800-833-6388

Website: [www.UWHATC.org](http://www.UWHATC.org)

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*HATC 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**

## **Traumatic Stress Counseling**

*Harborview Abuse and Trauma Center*



*HATC 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 Abuse and Trauma Center. Please ask for Emergency Department social worker on nights and weekends.

**Phone: 206-744-1600**  
**Washington Relay Service**  
**1-800-833-6388**