



Trauma Recovery Clinic (TRC)

Introduction to Psychological Trauma

Traumatic events are experienced by both men and women in their lifetimes. Trauma is a serious public health problem. Traumatic life events, especially of an interpersonal nature, such as child sexual abuse or domestic violence, are often followed by a vast array of psychological, physical, and interpersonal sequelae. These include decreased sleep and appetite, feelings of anxiety and sadness, helplessness, social withdrawal, symptoms of re-experiencing the traumatic event (e.g., nightmares), avoidance or numbing of emotions, and terror or horror. Significant variations have been found among individuals exposed to the same traumatic event or similar events. Recovery from psychological trauma often requires specialized and comprehensive care.

About the Clinic

At the Trauma Recovery Clinic (TRC), we provide brief psychological interventions to adolescents (>16 years of age) and adult survivors of trauma through one-to-one and /or group counseling and psychotherapy formats as well as social interventions to alleviate symptoms and pave the way for holistic healing and recovery. The interventions will be tailored to suit the unique needs of each client. The clinic also aims to serve as a platform for creating awareness about psychological trauma through sensitization and orientation programs as well as workshops.

Indications for consultation at TRC

- Victims/witnesses of violence/traumatic events (child sexual abuse, family violence, sexual assault, etc)
- Psychological trauma due to loss, bereavement, etc
- Individuals with trauma due to acquired disability (victims of road traffic accidents, etc)
- Individuals with self-harm ideation/ behaviours
- Individuals experiencing secondary trauma (police personnel, nursing staff, counselors, etc)

Objectives of the Clinic

- To help individuals come to terms with the trauma and reclaim their lives by moving ahead
- To reduce psychological/emotional consequences (fear, depression, guilt and shame) associated with the trauma
- To enhance self-esteem, improve coping & problem-solving and relationship skills
- To enable individuals to build a warm supportive network of caring people and reduce social isolation and also to plan strategies to avoid re-traumatization
- To conduct awareness programs related to psychological trauma in diverse settings
- To conduct workshops for mental health professionals and counselors in techniques for dealing with psychological trauma

Consultation Details

Days: 2nd and 4th Wednesday of every month (except holidays)

Time: 9.30am to 12.30pm

Procedure: Consultation by appointment only

Ethical Issues: (i) Privacy will be ensured during the sessions

(ii) Confidentiality will be maintained

Consultants

1. Dr. L.N. Suman, Professor, Department of Clinical Psychology
2. Dr. Veena Satyanarayana, Additional Professor, Department of Clinical Psychology
3. Dr. Kavitha Jangam, Assistant Professor, Department of Psychiatric Social Work.

For appointments

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