

CAPS Newsletter.....

IUPUI Counseling and Psychological Services (CAPS) Volume I, issue II

Have you noticed/encountered a student who....

appears to have increased difficulties with abstract thinking, decision making or problem solving?

appears to have heightened or lowered alertness?

appears to be confused, blaming or easily agitated?

appears withdrawn and/or depressed?

demonstrates a change in activity level and speech patterns?

displays emotional outbursts or inappropriate emotional responses?

appears hyperalert to the environment or is hypervigilant?

reports feelings of excessive guilt, anxiety, fear or grief?

reports having disturbed thinking, nightmares, intrusive images?

If you have experienced students with some of these characteristics, CAPS may be able to help.

Some time has passed since our nation experienced a sudden, unexpected tragedy with a tremendous loss of life that is touching virtually all of us. The psychological sequelae of trauma are not limited to those individuals involved directly but may also include observers of the event. When this occurs, it is called secondary traumatization. Many survive disasters without developing significant psychological problems or symptoms.

In general, however, research shows that the more devastating and terrifying the trauma, the more vulnerable someone will be to developing troubling symptoms.

Acute Stress Disorder (ASD) is the most common disorder following a traumatic event. Post Traumatic Stress Disorder (PTSD) is a reaction that may follow after a period of time. People suffering with ASD or PTSD often report a persistent pattern of some or all of the abovementioned characteristics. Counseling can help make these symptoms more manageable.

Consultation and Referral:

Acquiring consultation service and/or making a referral can be easily accomplished by:

Phone: 274-2548

Email: cal2s@iui2ui.edu or visit us at the Union Building, room 418. Just ask for one of our professional staff members. We can assist in deciding what action might be appropriate.

Office Hours:

Monday - Friday: 9:00 AM - 12 Noon and 1:00 PM - 5:00 PM
Evening hours by appointment only.

CAPS Mission:

To provide professional mental health and consultation services to the IUPUI community



IUPUI

* *Our upcoming issues will be topic-specific Let us know of your special interest**

To be removed from this mailing list, please contact CAPS.