

TRAUMA SERVICES



WHAT IS TRAUMA?



Trauma can be experienced by anyone, at any age. Trauma may look different for everyone. Some symptoms include the following:

- Unexplained sadness, fear, or anxiety
- Nightmares and/or flashbacks to an incident
- Socially withdrawing from friends and family
- Increased reaction to loud noises or sudden movements - startled response
- Unexplained changes in mood
- Feeling separated from your body

P: 330-376-9494 • F: 330-376-4525
Toll Free: 1-800-277-9494 • VP: 234-525-6176
www.greenleafctr.org

EVIDENCED-BASED INTERVENTIONS:

At Greenleaf Family Center, we have clinicians trained in trauma specific treatment. Ask about our work with:

- Eye Movement De-sensitization and Reprocessing (EMDR)
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Cognitive Behavioral Therapy (CBT)
- Dialectic Behavioral Therapy (DBT)

Greenleaf Family Center offers individual counseling to treat trauma. If you or someone you know has experienced any of these symptoms following a traumatic event, call and set up an appointment with our staff for a diagnostic assessment.

Greenleaf Family Center also works with community partners to assist and provide the highest level of care to meet your mental health needs.



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Mondays - Thursdays: 8:30am - 8:00pm

Fridays: 8:30am - 12:00pm

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