

November is PTSD & Veteran Awareness Month

WHAT IS PTSD?

A condition that can occur after a person has experienced a traumatic event involving intense fear and threat of bodily injury or death. Examples include military combat, sexual assault, or natural disasters.

Source: Very Well Mind

TREATMENT OPTIONS:

Trauma-focused psychotherapies are the most highly recommended type of treatment for PTSD. These therapies are:

- Prolonged exposure
- Cognitive processing therapy
- Eye Movement Desensitization and Reprocessing

Source: National Center for PTSD

COUNSELING SERVICES AT KCC

Transformative Growth Counseling provides personal counseling services for KCC students and staff. To make an appointment, visit transformativegrowth.org, phone 312-588-9437, or email michelle@transformativegrowth.org.

The first five sessions are free for enrolled KCC students.

Location: Student Affairs at KCC, second floor of the Workforce Development Center. Ask the receptionist to speak to the provider.

Hours: Tuesday, Wednesday & Thursday, 9 a.m. - 4 p.m.

**MORE INFORMATION & RESOURCES ARE AT
WWW.KCC.EDU/COUNSELING**



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