

What's New

Change Is Possible

Welcome Fall

Was it just me or did your also summer go too fast? School begins once again and many of our regular activities that were postponed for summertime will resume for all of us. Our kids are already thinking of Halloween and families are planning for Thanksgiving! And of course—***DO NOT FORGET TO VOTE ON NOVEMBER 4TH!***

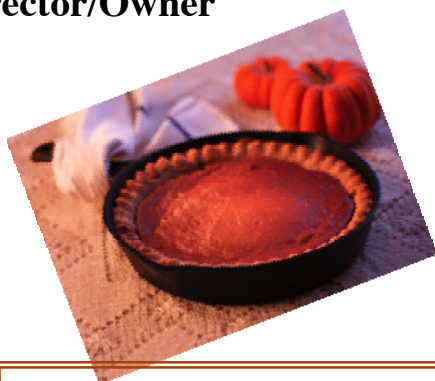


We at *Change Is Possible* like to welcome staff—Gennea, Lillian, and Molly. I am looking forward to working with these ladies and believe they will be an asset to our clinic and especially to you—our patients.

Possible Counseling Services, LLC would three new therapists to our clinical staff—Gennea, Lillian, and Molly. I am looking forward to working with these ladies and believe they will be an asset to our clinic and especially to you—our patients.

Sincerely yours,

Cindy Zitny, LMSW, LMFT
Clinical Director/Owner



IMPORTANT! Beginning very soon our clinic will be offering two more groups:

- Addictive Disorders AM treatment group
- Self-Acceptance treatment group

See the wall display for

Post-Traumatic Stress

In this issue of our newsletter, we are spotlighting the *Consumer Update* by AAMFT entitled "*Post-Traumatic Stress Disorder*". As this report states "Post Traumatic Stress Disorder (PTSD) is a psychiatric diagnosis for people who have endured a highly stressful and frightening experience and who are experiencing distress caused by memories of that experience." This diagnosis is classified as only one of the anxiety disorders, and there is hope for overcoming the effects of this life changing condition. It is however, very important that individuals receive treatment as soon as possible in order to decrease the potential negative effects in their life.

This *Consumer Update* by AAMFT will briefly but effectively focus on:

- What causes PTSD?
- How can you tell if it's PTSD?
- Is it possible that there can be a delayed reaction to the traumatic event?
- What are other effects of trauma?
- What kind of help is there for PTSD?
- What types of drugs might be used in treatment?
- So there is hope for me and my family?



This brochure will also offer several resource options for the consumer to read. These books by experts in the field, will aid the reader in a greater understanding of this condition. Also, they will explain the effect it has on the patient as well as his/her family and friends.

Our patients will encounter a warm and empathetic clinician ready and willing to help them work through and heal of the trauma suffered and heal from its potentially devastating effects. Do not delay--pick up the brochure and discover for yourself if you or someone you love could be dealing with this condition.

You can find the Consumer Update in a stand-alone brochure holder on the resource table under the mirror straight across from the suite entrance door.