



COPING WITH TRAUMA GROUP
UW HEALTH-PSYCHIATRY
6001 RESEARCH PARK BLVD
MADISON WI 53719

Group Leader:

Lacey Schmidt, PsyD

Group Day/Time:

Mondays at Yahara Clinic

Group Description:

This group will provide psychoeducation about trauma related symptoms, such as intrusive memories, flashbacks, nightmares, avoidance, hypervigilance, etc. Patients will also learn a variety of coping skills to manage these symptoms. This group will NOT have a trauma processing component and will be focused on coping with current symptoms.

Each 120-minute group session will be designed to stand alone rather than build on the previous groups so patients can attend those that are relevant to the symptoms they experience. Patients can either be scheduled for the group or attend on a drop-in basis. The group will have a maximum of 10 patients for each group. A schedule of group topics will be available to provide to appropriate patients.

Inclusion Criteria:

- Must be an established behavioral health patient (patient can call 608-233-3575 to schedule an intake and establish care)
- Must be ages 18+
- Must have experienced a trauma and experience symptoms related to this trauma (does not need to meet full criteria for PTSD)

If Interested:

Discuss with your behavioral health provider or Lacey Schmidt (608-287-5757) who can give you the current group schedule. Then you can determine what groups are most relevant to you. Contact Lacey to be scheduled for the group.

Instructor



Lacey Schmidt, PsyD

Dr. Lacey Schmidt received her Psy.D. from Pacific University in Hillsboro, OR. She has experience providing evidence-based interventions for a variety of mental health problems. Her special interests are personality disorders, Post-Traumatic Stress Disorder (PTSD)/trauma-related problems and mental health care for military veterans.