

## OUR CLINICAL SERVICES

We provide the following services to help those affected by trauma:

- Cognitive behavioral treatment
- Trauma exposure therapy
- Medication management
- Individual and group psychotherapy
- Family therapy and education
- Neurologic, neurosurgical and other medical consultation
- Coordination with medical services across departments at Rush
- Workplace consultation
- Prevention services
- A medical response team available in the event of a mass casualty
- Evaluation and readiness of first responders and other employees

## ADVANCING THE FIELD THROUGH RESEARCH AND TRAINING

Our faculty is involved in trauma research on regional, national and international levels. Faculty members have published more than 200 articles and chapters on trauma and have grant support from multiple sources. In addition, the center is actively involved in providing training to psychology, psychiatry and allied health residents and fellows in the research and treatment of traumatic stress.

## ABOUT RUSH

Rush is consistently ranked among the nation's top hospitals by *U.S. News & World Report* and has been named among the top five academic medical centers in the country by the University HealthSystem Consortium in its annual quality and accountability performance ranking. In addition, Rush has twice earned Magnet status from the American Nurses Credentialing Center — the highest honor in nursing. These accomplishments reflect Rush's ongoing commitment to providing unparalleled care by working collaboratively to pool knowledge and exchange opinions based on expertise and experience.

## CONVENIENT LOCATION FOR YOUR PATIENTS

The Rush campus is conveniently located just west of downtown Chicago and is easily accessible from I-290 off of Ashland Avenue or the Chicago Transit Authority's Blue line (Forest Park train at Illinois Medical District stop) or Pink line (Polk stop). To see a map and get directions, please visit [www.rush.edu](http://www.rush.edu).

## CONTACT US

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(312) 942-5932



[www.rush.edu](http://www.rush.edu)

PLEASE NOTE: Most of the physicians featured in this publication are on the medical staff of Rush University Medical Center. Some of the physicians and psychologists are in private practice, and, as independent practitioners, are not employees or agents of Rush University Medical Center.



## TRAUMATIC STRESS CENTER

A multidisciplinary approach to restoring full functioning and control to individuals with stress disorders

To refer a patient to the Traumatic Stress Center, please call (312) 942-5932.



Traumatic stress can disrupt a person's entire life and sense of well-being. People who have experienced trauma also often have a higher rate of medical problems.

#### OUR APPROACH

Because psychological and physical trauma often occur together, the Traumatic Stress Center at the hospital works with other specialties at Rush including cardiology, emergency medicine, gastroenterology, neurology and neurosurgery, obstetrics and gynecology, oncology and rehabilitative medicine. This multidisciplinary approach allows us to evaluate and treat the psychological and medical conditions of patients experiencing traumatic stress.

We also factor in spiritual, family and cultural considerations to help in diagnosing and treating patients. Different cultures impact the needs of patients and their families as well as their reactions to trauma and its effects. As the first comprehensive traumatic stress center in the region, our goal is to restore full functioning and control to individuals with stress disorders.

#### WHAT IS TRAUMATIC STRESS?

Traumatic stress occurs after someone is exposed to violence, abuse and other terrifying events. Learning that one has a serious illness or encountering an untimely death of a loved one can also be traumatic. In some professions, such as police work, firefighting or military service, facing trauma is inevitable.

Diagnosing traumatic stress can present a challenge because sufferers may present initially with a seemingly unrelated symptom to the condition for which they are seeking medical care. Those symptoms tend to be physical complaints, depression or substance abuse. Clinicians should refer patients with any of the following traumatic stress symptoms to a mental health professional at the center as soon as possible for evaluation for psychotherapy or other forms of treatment that can reduce their symptoms.

#### SIGNS AND SYMPTOMS OF TRAUMATIC STRESS

Posttraumatic stress disorder (PTSD) is the most common result of trauma exposure and includes the following warning signs:

- Debilitating anxiety and panic attacks
- Depression
- Phobias
- Problems with personal and professional relationships
- Difficulty sleeping
- Sexual dysfunction
- Reliving the trauma in thoughts, dreams or feelings
- Avoiding situations that trigger memories of the trauma
- Having trouble concentrating at work or school

#### FORENSIC ASSESSMENT

We have the ability to assess complex multidisciplinary traumatic stress and PTSD following accidents, sexual harassment and criminal victimization. We can also analyze whether an injury has in fact occurred and the extent to which it has affected the patient.



Stevan Hobfoll, PhD,  
director of the Traumatic Stress Center

#### AFFILIATED FACULTY

**Stevan E. Hobfoll, PhD**, director of the center, is the Judd and Marjorie Weinberg Presidential Professor of Psychology and chairperson of the Department of Behavioral Sciences at Rush. He is an expert in disaster trauma as well as trauma in women, the military and first responders.

**Sheila Dowd, PhD**, is an assistant professor in the Department of Psychiatry and an expert in cognitive behavioral therapy. She is associate director of residency training at Rush in the Department of Psychiatry.

**Ivonne H. Hobfoll, PhD**, is an associate professor in the Department of Behavioral Services and a clinical psychologist at Rush with expertise in the treatment of trauma in children and women. She is trilingual in English, Spanish and Hebrew.

**Sharon Jedel, PsyD**, is an assistant professor in the Department of Gastroenterology and a psychologist at Rush with a special interest in anxiety and traumatic stress and its relationship to gastrointestinal disease.

**Daniel E. Levin, MD**, medical director of the center, is an expert in trauma among adults and older adolescents. Dr. Levin is the training director of the psychiatry residency program at Rush and an expert in mass casualty and psychiatric public health.

**Shaun O'Leary, MD, PhD**, is an assistant professor in the Department of Neurosurgery and a neurosurgeon at Rush who specializes in spine and brain tumor surgery.

**Carline Quander, MD**, is an assistant professor in the Department of Internal Medicine and a gastroenterologist at Rush whose special interests include pelvic floor disorders.

**Dino Rumoro, DO**, is an associate professor in the Department of Emergency Medicine and the acting chairperson of emergency medicine at Rush with expertise in bioterrorism preparedness.

**James A. Young, MD**, is an associate professor and chairperson of the Department of Physical Medicine and Rehabilitation and has special expertise in the treatment of traumatic brain injuries and rehabilitation following physical trauma.

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