



## DIRECTIONS:

### Highway 101 North:

- Take San Antonio Road exit. Left
- Follow San Antonio Road to E. Charleston Rd. Right
- E. Charleston to Fabian Way. Right
- Fabian Way to E. Meadow Circle. Left
- E. Meadow Circle to E. Meadow Dr. Left
- Arrive at 935 East Meadow Drive.

### Highway 101-South

- Take San Antonio Road exit. Right
- Follow San Antonio Road to E. Charleston Rd. Right
- E. Charleston to Fabian Way. Right
- Fabian Way to E. Meadow Circle. Left
- E. Meadow Circle to E. Meadow Dr. Left
- Arrive at 935 East Meadow Drive.

**Early Intervention Clinic**  
Pacific Graduate School of  
Psychology  
935 East Meadow Drive  
Palo Alto, CA 94303

## Pacific Graduate School of Psychology



## Early Intervention Clinic

*Early help to prevent trauma  
related problems*

Clinic Directors:  
*Josef I. Ruzek, Ph.D*  
*Matthew Cordova, Ph.D*

### Contact Information

If you are interested in participating and receiving free counseling or finding out more about this study please call:

**(650) 843-3538**

website: <http://www.eiclinic.org>

***Early Intervention Clinic***  
**A Research Project**  
for people who have recently  
experienced a trauma

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## Our Goals

The purpose of the EIC is to provide and evaluate innovative services for the prevention of trauma-related problems in individuals who have experienced a recent trauma

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## Benefits of Participation

Many people experience upsetting reactions in the first days, weeks or months following an injury or trauma.


- Increase understanding of the role that early therapeutic intervention plays in the course of post-traumatic stress
- Learn to manage your stress and its sources
- Identify sources and effects of trauma, leading to possible new treatments

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## Who is Eligible

- Many people experience upsetting reactions in the first days, weeks or months following an injury or trauma
  - Comparing different treatment approaches to helping people who have recently experienced a trauma
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- Have experienced or witnessed a trauma in the past 24 months (motor vehicle accident, other accident, violent assault, sexual assault, disaster, sudden loss of loved one, or other trauma)
    1. Are at least 18 years old
    2. Have experienced any of the following reactions:
    3. Distressing thoughts, memories or dreams
    4. Anxiety
    5. Difficulty sleeping
    6. Physical reactions (nausea, racing heart) or emotional distress

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## What we offer

- **FREE** Trauma-Related Counseling
- Caring Practitioners
- Referral Services
- Phone-Based Counseling

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## What We Ask of You

- Call the clinic and leave us your contact information
- Answer a few questions about yourself over the phone
- Fill out a set of questionnaires.
- Attend weekly therapy sessions
- Fill out follow up questionnaires after treatment completion

