

## Center for Posttraumatic Recovery

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Our center is unique to the Dayton region in the quality and range of services for people who have gone through traumas.

We use gold standard measures to evaluate mental health problems following traumas.

Our services include psychotherapy and assessment. We offer a range of the most highly-recommended psychotherapies for people who have mental health problems following traumas.

We accept Medicaid . For those without Medicaid, the cost of the service is based upon income.

**Don't let traumas ruin your life. Call us today at (937) 775-4300.**



### Center for Posttraumatic Recovery

Ellis Human Development Institute  
9 North Edwin C Moses Blvd  
Dayton, OH 45402-6837

Phone: 937-775-4300  
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## Center for Posttraumatic Recovery

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**WRIGHT STATE  
UNIVERSITY**



*School of Professional  
Psychology*



## Center Overview

Did you know that most people with mental health problems can recover from traumas when they are given the right type of treatment? At the Center for Posttraumatic Recovery, we provide mental health services to both adults and children following traumas, including rape, abuse, assault, or war. Services are mostly provided by psychology graduate students directly supervised by licensed psychologists who are experts in mental health problems following traumas.

We are located at the Ellis Human Development Institute, 9 N. Edwin C Moses Blvd., Dayton, Ohio. Parking is free and easily accessible. A Dayton RTA bus stop (bus lines 1, 2, 4, & 41) is directly in front of the building.

## Psychotherapy

We offer a range of the most highly recommended psychotherapies for people who have mental health problems following traumas. These problems might include anxiety, depression, posttraumatic stress disorder, and family or relationship problems. Studies show that certain types of talk therapies work very well to address these problems. These therapies involve about 8-24 sessions, usually 60-90 minutes each, and you attend 1-2 times per week. The therapies are highly structured so that you know what to expect from each session. To gain the most out of the therapies, you will learn different ways of dealing with problems or symptoms and then practice these skills in your day-to-day life. We offer the following types of effective therapies and we can help to determine what type of psychotherapy is right for you:

- Alternatives for Families: A Cognitive-Behavioral Therapy
- Cognitive-Behavioral Intervention for Trauma in Schools
- Cognitive-Behavioral Therapy for Depression
- Cognitive-Behavioral Conjoint Therapy for PTSD
- Cognitive Processing Therapy for PTSD
- Dialectical Behavior Therapy
- Parent-Child Interaction Training
- Prolonged Exposure Therapy for PTSD
- Trauma-Focused Cognitive Behavioral Therapy and Trauma-Focused Cognitive-Behavioral Play Therapy

## Assessment

We use gold standard measures to evaluate mental health problems following traumas. These assessments can answer questions about disability, functioning, and mental health diagnosis. They can also be helpful in making treatment recommendations. Assessments usually involve about 2-3 visits. You will be interviewed about your symptoms and will also be asked to answer questions on printed forms or on the computer that will help us to understand your problems.

## Cost and Contact Information

We accept Medicaid. We do not accept other forms of insurance. For non-Medicaid clients, we offer a sliding fee scale. This means that the cost will depend upon your income. **Don't let traumas ruin your life. Call us today at (937) 775-4300 to schedule an appointment.**

If you have insurance other than Medicaid or need to be seen by a licensed psychologist, please call the University Psychological Services Association, Inc., at (937) 254-9210.



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