

## How to get here

### Underground and train stations:

- **Kings Cross, St Pancras** (on the Victoria, Northern, Piccadilly, Hammersmith & City, Metropolitan or Circle Line)
- **Mornington Crescent** (on the Northern Line)

### OR

### Bus 46 or 214:

- Bus stop: **St Pancras Hospital** (for buses going to St Bartholomew's Hospital or Finsbury Square ) or **St Pancras Old Church** (for buses going to Lancaster Gate or Highgate School)

**Address:** 4<sup>th</sup> Floor, West Wing, St Pancras Hospital, 4 St Pancras Way, NW1 0PE

**Service manager:**  
Mary Robertson  
Consultant Clinical Psychologist

**Telephone number:**  
020 3317 6820

**Referrals email address:**  
cim-tr.TSC-referrals@nhs.net

**Boroughs:** Camden and Islington

**Opening hours:**  
Monday – Friday 9am- 5pm

**Service offered:**  
Psychological assessment and treatment for post-traumatic stress disorder (PTSD)

**Age range treated:**  
Age 18+

## Traumatic Stress Clinic

Talk to us

## What is Post-Traumatic Stress Disorder?

Post-Traumatic Stress Disorder (PTSD) is the development of distressing symptoms after a person has been involved either directly or indirectly in a traumatic event or series of events. People with PTSD usually have some of the following symptoms:

- Nightmares (usually with sleep disturbance)
- Unpleasant intrusive thoughts/memories of the event(s)
- Avoidance of painful reminders of the event
- Low mood and loss of interest
- Poor concentration, irritability and feeling 'jumpy'
- Feelings of guilt and/or shame
- Feeling unsafe and unable to trust others

Many people also have other difficulties including depression, panic disorder, chronic pain and alcohol/substance misuse.

## Who is the service for:

**Adults with post-traumatic stress disorder to multiple traumatic events.** This includes individuals who may have been involved in, or witnessed a number of traumatic events such as childhood abuse, physical and sexual assaults, murder, disasters, war, civil conflict, persecution, detention, human trafficking, torture or other life threatening events.

## What service users can expect:

Service users will initially be offered an assessment with a clinician during which our treatment approach will be explained and a decision will be made as to whether this service would best meet the service user's needs.

A phased model of psychological treatment (in line with the NICE guidelines for the treatment of complex PTSD) will be offered to service users who are accepted for treatment.

The first part of treatment addresses ways of managing PTSD symptoms. At the end of this treatment service users will have an understanding of PTSD and our treatment model as well as having strategies to cope with distressing symptoms such as nightmares and flashbacks.

The second part of treatment focuses on memories of traumatic events, and involves talking through past traumas with the support and advice of the psychologist. Service users will be offered up to 30 sessions of individual trauma-focused treatment using an evidence-based model, such as trauma-focused cognitive behaviour therapy, as recommended in the NICE Guidelines on treatment of PTSD. ([www.nice.org.uk/CG026publicinfo](http://www.nice.org.uk/CG026publicinfo)).

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The final part of treatment involves helping service users resume everyday activities and relationships. This is done by signposting service users to different services and organisations to help with areas such as study, employment, language skills, building social relationships, and other help which enhances everyday functioning.

At the end of treatment, service users should experience a reduction in their PTSD symptoms and an overall improvement in their quality of life. Whilst it is impossible to help people forget past traumatic events, treatment aims to help service users to cope better with these memories and to have more positive thoughts about themselves and increased hope for the future.

Service users with complex needs may be jointly managed with other services within the trust as appropriate.

## How to be referred:

Service users can be referred to the Traumatic Stress Clinic via the Practice Based Mental Health Teams, ICOPE and other services within Camden and Islington NHS Foundation Trust.