

About us

The UTHealth Trauma and Resilience Center is a multidisciplinary treatment, research, and education center devoted to helping people who are experiencing psychological problems in the aftermath of traumatic life experiences.

We offer evidence-based, trauma-focused care for adults, children, and adolescents struggling with complex trauma, post-traumatic stress disorder (PTSD) and trauma-related behavioral health conditions. Our team of expert clinicians and staff serves veterans and their families, first responders, crime victims, and people impacted by accidents, natural disasters, and other traumatic events.

CONTACT US

Behavioral and Biomedical Sciences

Building

1941 East Road, Houston, TX 77054

713-486-2630

TRC@uth.tmc.edu



Faillace Department of Psychiatry and Behavioral Sciences

UTHealth Trauma and Resilience Center



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Common signs of trauma and PTSD

- Feeling anxious, hopeless, irritable, and depressed
- Feeling numb, withdrawn, or disconnected
- Having difficulty concentrating or making decisions
- Having trouble sleeping and/or nightmares
- Feeling guilt or shame
- Feeling on guard and constantly alert
- Having difficulty managing daily stressors after returning from deployment
- Having problems in family, friend, and work relationships

Services

Our approach uses evidence-based, trauma-focused treatments to help patients struggling with post-traumatic stress disorder (PTSD) and trauma-related behavioral health conditions such as depression, insomnia, and substance abuse related to the traumatic events. We provide comprehensive and integrated care that includes evaluation and diagnosis, psychotherapy, and medication management.



Specialty Programs

We offer specialty treatment programs at reduced or no cost, directly into patients' homes via telemedicine to:

- Veterans and their families
- First responders (police, fire, EMT) and their families
- Elder mistreatment or abuse survivors

Research

As part of the UT Physicians Psychiatry Outpatient Clinic, the UTHHealth Trauma and Resilience Center was established to address the increasing need for trauma-focused care, while improving accessibility to resources in our community. Informed by the latest advances in research and treatment, we are dedicated to helping patients overcome trauma, build resilience, and improve their quality of life.

To see if you might be eligible for one of our current studies, please contact us at **713-486-2630** or email at **TRC@uth.tmc.edu**

