SOUTHWEST
TRAUMA SPECIALISTS
CLINICAL EVALUATIONS | COUNSELING SERVICES

Trauma & PTSD Referral Checklist

A QUICK GUIDE TO IDENTIFY CLIENTS WHO MAY BENEFIT FROM A TRAUMA EVALUATION

RE-EXPERIENCING THE EVENT

- [ ] Recurrent, unwanted memories or thoughts about the incident
- [ ] Distressing dreams or nightmares
- [ ] Flashbacks (feeling or acting as if the event is happening again)

AVOIDANCE

- [ ] Avoiding reminders of the event (e.g., people, places, activities, driving, or certain situations)
- [ ] Avoiding talking about the event or related feelings

CHANGES IN MOOD & THINKING

- [ ] Increased fear, anxiety, anger, guilt, or shame
- [ ] More negative thoughts about self, others, or the future
- [ ] Feeling emotionally numb or detached from others
- [ ] Loss of interest in usual activities or difficulty feeling enjoyment

CHANGES IN AROUSAL & REACTIVITY

- [ ] Increased irritability or anger
- [ ] Feeling on edge, overly alert, or easily startled
- [ ] Difficulty concentrating or problems with memory
- [ ] Trouble sleeping (e.g., falling asleep, staying asleep, or restless sleep)

ADDITIONAL FACTORS TO CONSIDER

- [ ] Symptoms began or significantly worsened after the incident
- [ ] Symptoms have been present for more than one month
- [ ] The individual is experiencing changes in daily functioning (e.g., work, school, relationships, or ability to engage in usual activities)

WHEN TO CONSIDER A REFERRAL

A trauma evaluation may be helpful when a client reports several of the symptoms above, particularly when they are persistent, distressing, or interfering with daily life.

ANNA CROSS
CLINICAL DIRECTOR

346-572-9799
anna.cross@southwesttrauma.com

southwesttrauma.com