

# Traumatic Stress Service video transcript

0:00:00.720,0:00:05.520

We are the Berkshire Traumatic Stress Service.  
We're a team of clinical and counselling

0:00:05.520,0:00:12.320

psychologists, cognitive behavioural therapists,  
assistant psychologists, and administrators.

0:00:12.320,0:00:17.360

We can help if you're living with complex  
post-traumatic stress disorder, also known as

0:00:17.360,0:00:23.840

complex PTSD. We will work with you to decide  
on the therapy option that is right for you.

0:00:23.840,0:00:29.360

Your treatment plan may include learning more  
about complex PTSD, developing skills to manage

0:00:29.360,0:00:35.040

your symptoms, and support to help you make  
sense of your traumatic experiences. You will

0:00:35.040,0:00:38.720

also have therapy to help you discover  
how you would like to live in line with

0:00:38.720,0:00:44.960

your values and develop self-compassion. Some  
treatments and support are delivered one to one

0:00:44.960,0:00:50.640

while others are provided in group sessions. We will discuss and agree the best options for you.

0:00:51.280,0:00:56.800

Appointments are held in person or via online video call. To access our service,

0:00:56.800,0:01:01.840

you will need to be referred by your GP or other health care professional. We currently do not

0:01:01.840,0:01:07.680

accept self-referrals. When we have received your referral, you will complete an assessment with us

0:01:07.680,0:01:14.000

to make sure we're the right service for you. Your assessment will last 60 to 90 minutes, and during

0:01:14.000,0:01:19.280

the sessions, we will talk with you about your current difficulties and goals for treatment.

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We may ask you to tell us briefly about your experiences, but only as much as you

0:01:23.520,0:01:29.840

feel comfortable sharing. If you need mental health support urgently, please call 111 or go

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to your local accident and emergency. Call 999 in a life-threatening emergency. You can find

0:01:37.120,0:01:44.080

out more information about the Berkshire Traumatic Stress Service and what we offer on our web page.