

# Trauma Screening Questionnaire (TSQ)

If you have been recently exposed to a potentially traumatic event (PTE), this tool can help you determine if you should seek additional support in recovering from its effects. It is recommended that you complete this questionnaire 3-4 weeks after the event. Have you recently experienced:

	YES at least twice in the past week	No
1. Upsetting thoughts or memories about the event that have come into your mind against your will		
2. Upsetting dreams about the event		
3. Acting or feeling as though the event were happening again		
4. Feeling upset by reminders of the event		
5. Bodily reactions (such as fast heartbeat, stomach churning)		
6. Difficulty falling or staying asleep		
7. Irritability or outbursts of anger		
8. Difficulty concentrating		
9. Heightened awareness of potential dangers to yourself and others		
10. Feeling jumpy or being startled by something unexpected		

If you answered 'YES' six or more times, it is recommended that you connect with a behavioral health professional (e.g. counselor, therapist, psychologist, etc.) for a more complete screening. There are many options and methods for helping individuals recover and grow following exposure to trauma. Effective early care can prevent the development of Post-Traumatic Stress Disorder (PTSD).

Department Counselors are available to you and your family. Contact us to schedule an appointment or if you'd like assistance finding another counselor in the area:

Elissa Denton, CSWA: 802.535.7485 (cell)  
 Guy Perrin, LPC: 541.890.0433 (cell)