

Trauma Notification Cards for Medical and Dental Professionals

Please use the statements below to incite what you need to share with your provider, specifically regrading what you need them to know to help provide you a safe and comfortable appointment.

<p>Please Read and Inquire I have experienced traumatic events. Natural, appropriate reactions include anxiety and fear about situations like this.</p> <p>I may need a little more time and preparation, have more questions, have difficulty talking or answering questions, or seem more emotional because of what has happened to me. I am concerned that my reactions to what has happened to me will impact my appointment negatively.</p> <p>It is embarrassing for me to admit this. I apologize in advance if I seem edgy or anxious as a result of my history.</p>	<p>Please Read and Inquire I have experienced traumatic events. Natural, appropriate reactions include anxiety and fear about situations like this.</p> <p>I may need a little more time and preparation, have more questions, have difficulty talking or answering questions, or seem more emotional because of what has happened to me. I am concerned that my reactions to what has happened to me will impact my appointment negatively.</p> <p>It is embarrassing for me to admit this. I apologize in advance if I seem edgy or anxious as a result of my history.</p>
<p>Please Read & Inquire I have experienced traumatic events and am concerned that my reactions to these may impact my appointment negatively.</p> <p>Please go slowly, ask questions, and tell me what you are going to do before you do it. Like you, I am doing my best at every moment.</p> <p>I am__ am not__ seeing a counselor. Info? www.traumainformedcare.com</p>	<p>Please Read & Inquire I have experienced traumatic events and am concerned that my reactions to these may impact my appointment negatively.</p> <p>Please go slowly, ask questions, and tell me what you are going to do before you do it. Like you, I am doing my best at every moment.</p> <p>I am__ am not__ seeing a counselor. Info? www.traumainformedcare.com</p>



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