

Laura C. Strom

Trauma & Disabilities Specialist
Licensed Marriage and Family Therapist LMFT49174
Licensed Professional Clinical Counselor LPCC149
Certified Rehabilitation Counselor CRC 00113822
Registered Play Therapist RPT 3178

Take this quick 4 question PC-PTSD assessment to see if you might have post-traumatic stress disorder (PTSD).

In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you:

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1. Have had nightmares about it or thought about it when you did not want to? YES / NO
 2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it? YES / NO
 3. Were constantly on guard, watchful, or easily startled? YES / NO
 4. Felt numb or detached from others, activities, or your surroundings? YES / NO
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If you answered “Yes” to three or more questions, you might have PTSD.

Fortunately, there is treatment that works.

For more information on treatment options for PTSD,
please call for a consultation.

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Laura C. Strom is a Licensed Marriage and Family Therapist (LMFT 49174), a Licensed Professional Clinical Counselor (LPCC 149), a Registered Play Therapist (RPT 3178) and a Certified Rehabilitation Counselor (CRC 00113822). Her private practice is located at 3442 Mendocino Ave., Suite A, Bldg. E, Santa Rosa, CA 95403. Specialties: trauma/disabilities.

