

There are many compelling reasons for assessment and treatment of Post-Traumatic Stress Disorder (PTSD) in university counseling center (UCC) settings. While sexual assault at college campuses has been a frequent topic in the popular press recently, scholarly literature about evidence-based treatment of PTSD in UCCs is scant. In a recent survey conducted at 27 universities, more than 20 percent of undergraduate, female respondents reported having experienced some type of sexual assault (Anderson, Svriuga & Clement, 2015). In addition to rape, college students may present for treatment after other traumatic life events such as childhood abuse, serious accidents, and natural disasters. In a study of student veterans, Rudd et al. (2011) found that 45.6% of respondents in their sample endorsed symptoms of PTSD. Veterans may present in UCCs with PTSD related to combat trauma. Veterans with PTSD have been shown to be high utilizers of both medical and mental health services (Marmar, 2009); the same may be true for students with untreated PTSD. Additionally, research has indicated that survivors of traumatic events may be at an elevated risk for suicide (Hudenko, Homaifar & Wortzel, n.d.). Untreated PTSD can result in serious, chronic

