

Possible Ways To Expedite the Social Security Disability Process: What Qualifies As A Dire Situation For Social Security Disability?



Applicants for Social Security Disability Insurance (SSDI) Benefits and Supplemental Security Income (SSI) quickly learn that the process for receiving benefits is significantly backlogged. During this time, many individuals face dire financial situations due to their inability to work. Currently, the average wait time from the hearing request date until the actual hearing varies, but below is a list of average wait times for hearing offices in Georgia.

- Atlanta Downtown - 20.0 months
- Atlanta North - 18.0 months
- Covington, GA - 19.0 months
- Savannah, GA - 18.0 months

The good news for those that find themselves in dire situations is . . . [Learn more here.](#)

Tragedy in Orlando: With Heavy Hearts



We just want to take a moment to send our condolences to the families and friends of the victims from the shooting in Orlando. It's a tragedy that so many lives were lost in such a senseless and violent act. If you were affected, please know our thoughts and prayers are with you during this difficult time.

8 Common Misconceptions About Post-Traumatic Stress Disorder (PTSD):

Written by Dr. A. Michael Zimmermann, Ph.D., Military Psychologist

POST-
TRAUMATIC
STRESS
DISORDER



1. **PTSD only happens if someone is weak.** Psychological trauma is a product of the complex relationship between biological, psychological, historical and social factors. The people I've treated for PTSD are some of the strongest people I know. Men and women who struggle on a daily basis yet still push forward with life are a testament to the strength they have inside themselves.
2. **All soldiers who come back from war have PTSD.** In reality, only 8-15% of service-members have PTSD, which is only slightly higher than the population average of 11%.

3. **Only soldiers have PTSD.** All traumatic events have the potential to be experienced in a way that leads to a diagnosis of PTSD, events such as car wrecks, natural disasters, and sexual assaults.

4. **Someone who has PTSD is going to be violent and unpredictable.** Most people who are diagnosed with PTSD are unlikely to be violent. They may be irritable, but they aren't violent. Service members in general are taught to be more expansive with their voices which can come across as irritable or hostile.

5. **People with PTSD can't hold down a normal job.** Like any behavioral health problem, individuals with PTSD present with a range of behaviors and disability. Many are able to function well in society, hold down a job, perform well, and have meaningful relationships. Others have much more difficulty in some or all areas.

6. **Flashbacks happen to everyone who has PTSD.** In practice, true "flashbacks" (i.e. a complete break from current reality and feeling as though you are re-experiencing the trauma) are relatively rare. More common are intrusive and distressing memories of the events which can come at unexpected times.

7. **After a certain amount of time, someone should really just "get over" it and get on with their life.** Trauma is a unique and very personal experience. What works for one person simply doesn't always work for another. What experiences may "break" one person can easily be overcome by another, and vice versa.

8. **Recovery isn't possible.** Not only is recovery possible, but with treatment, it's the most common outcome. Even more, almost 10% of people who are diagnosed with PTSD experience "post-traumatic growth." PTG is what happens when the trauma is understood in a meaningful way, and the individual is able to lead a more full life after the event. This is truly the goal of therapy, for our patients to appreciate life and live it more fully. There are numerous groups available for those people who struggle with PTSD.

Overall, a diagnosis of PTSD is just one aspect of a person's life, but if they are treated as though it's the only thing that matters, everyone suffers. There is help available, and if you know someone who is struggling through a traumatic event, let them know that there are providers out there who are trained and willing to help. It won't necessarily get better in a day, but it can get better in time.

If you'd like more information on PTSD from Dr. Zimmermann, feel free to contact our office.



Customer Service Workshop:



We had a great customer service workshop this month that focused on improving our client experience. The topic really evoked some great discussions and debates among our staff. We gained great listening skills that we can use both at work and in our personal lives.

Here are just a few tidbits we took away from our discussion.

- When someone is sharing a personal story with you that involves pain or hardship, it is hard to not commiserate with someone by sharing your own experience. Often, we assume that by saying "I know how you feel" and then sharing our own sad stories we are making the other party feel better about their situation. This is not usually true; we are each unique individuals, and while we can relate, we don't ever really exactly what someone else is going through. You don't have to share your story to be supportive. Let the conversation be about the other person and what is going on in their life. Just let them talk. It's amazing how supportive a listening friend can be.
- Another important thing to consider is to not put a silver lining around a person's painful situation. Doing so may end up causing more harm than good, because it tells the person that things could be worse and their feelings are not valid. You may not intentionally mean that, but that is the message being sent.
- Don't prepare what you are going to say next while the other person is talking. Sometimes we get so focused on what we want to say, and we end up missing some important information that is being shared with us; thus, we miss an opportunity to connect with that person.

- Assume you have something to learn. You'll find that indeed every person you encounter has something amazing to share with you. So listen more to learn more.

If you have any suggestions or ideas for our next Khaki University, contact us and let us know. And to any business owners out there, if you or one of your staff members would like to join one of our workshops, contact us to find out more.

Happy Father's Day!

June 19, 2016



My Dad and I at my UGA Law School Graduation

The author Amy Tan once wrote "my mother was the earth and my father was the sky". These words so perfectly describe my parents, and especially my dad. My dad has always been the one who has encouraged me to shoot for the moon and the stars. He always supported every dream that I had and pushed me to dream even bigger and better. I have always been a daddy's girl, and for me, Fathers Day is an extra special celebration when I get to thank my dad who does everything for my brother and I with the most humble and giving attitude. He is our hero and we love him!

Happy Fathers Day to all you awesome dads out there!

Administrative Announcements:

Quarterly Survey



It's that time of year again. If you are a current client, please keep an eye on your email for our quarterly survey coming in the next week. Your continued feedback always helps us better our services!

Calendar of Events:

June 2016

- June 3rd: In Court; Gainesville, GA
- June 8th: In Court; Savannah, GA
In Court; Atlanta, GA
- June 10th: In Court; Athens, GA
In Court; Rome, GA
- June 13th: In Court; Gainesville, GA
- June 15th: In Court; Atlanta, GA
In Court; Athens, GA
- June 17th: In Court; Atlanta, GA
Khaki University: Customer Service
- June 19th: Happy Father's Day!
- June 20th: Rami Khaki, Sara's son, turns 4 - Happy Birthday!
- June 21st: In Court; Thomasville, GA
- June 30th: In Court; Atlanta, GA



Contact Us!

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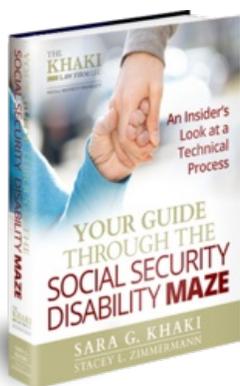
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