

About PTSD Resolution

PTSD Resolution is a registered charity, No. 1133188, which offers free therapeutic treatment to UK armed forces veterans and reservists to relieve mental health problems resulting from military service and ease their reintegration into normal work and family life.

Resolution has a national outreach programme with a network of 200 therapists. They work with traumatised people on an outpatient basis, giving immediate, free, local support to help people rebuild and sustain their work and family routines. Treatment is confidential and carried out one-to-one, there is no waiting list and no referrals are needed.

Treatment with Resolution is brief in nature; it usually takes between three and five sessions to reach a mutually agreed end of therapy with symptoms reduced to a point where they are no longer interfering with everyday life.

How Resolution can help your organisation

The number of staff, at all levels, affected by post-traumatic symptoms or PTSD is growing as veterans of the armed forces return to the workplace.

The effects of trauma are multiple and include humanitarian, legal compliance, sickness and productivity issues for your organisation. This could apply to your company even if you do not knowingly employ veterans of the armed forces or the 'blue-light' services, as trauma happens in civilian life as well.

As a result of work carried out by Resolution, veterans no longer have to wait to get better – effective treatment is available today.

Now your organisation can benefit from the professional expertise of Resolution staff to deliver Trauma Awareness training for your senior and line managers, so that you are fully aware of the risks and remedies.

This training course for employers will improve your relationship with your Reservist and Veteran employees, enhance your provision of care, and reduce your recruitment and training costs.

Psychological trauma is expensive, causing recurring or long-term sick leave, early retirements and redundancy, plus the cost of recruiting and training replacements. Equipping your staff to recognise and work with distressed people, and treating the sufferers as necessary, is the ethical course of action - and it will save you money.

This course is about awareness and communication, but eligible employees can, if they wish, be treated by Resolution as well. This is carried out at no cost to them, although contributions from their employers are always welcome. See below for some comments from previous sufferers who were treated by Resolution:

Comments by military veterans treated by PTSD Resolution:-

" PTSD Resolution has got it right and I would recommend them to anyone who's suffering, and to get help sooner rather than leaving it too late...."

" The help provided by Resolution is immediate, convenient and it's very effective. I recommend it unreservedly..."

" The memories are still there, they will never go away, but I have my life back and (my wife) and I are also back together...."

" I've learned ways to deal with the problem and don't think that much about the experience and when I do I am able to handle it...."

For details of course availability and fees, please contact:-

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www.ptsdresolution.org

Trauma Awareness Training for Employers



**Recognise it
Resolve it**

resolution

rebuilding lives
registered charity no. 1133188

Training course overview

Traumatised people can become depressed, anxious, angry and irrational without apparent cause. It can be hard to know whether this is just a consequence of a very demanding job or whether the employee has post-traumatic symptoms or PTSD.

If you employ people who may have seen traumatic events, such as reservists, members of the TA, veterans of the armed forces, or members of other uniformed services, Trauma Awareness training will help you fulfil your duty of care to these employees and retain the services of valuable people.

Why is trauma important to employers?

Psychological trauma changes people. They may develop obvious symptoms but often the changes are subtler – they may just stop working as efficiently as they once did. Some recover, but some end up on long-term sick leave or even in prison. All of this represents an unnecessary financial loss to the employer, as well as being an avoidable cost to the individual and society.

How can this be avoided?

Trauma can be treated successfully in most cases, but first the employer has to be able to recognise the signs - the employee may well not understand what is happening and will probably not talk about it in any case. Then the employer has to be able to hold a conversation that creates an intention to change, and doing this entails understanding the problem.



Training course benefits

By the end of the Trauma Awareness course you will be able to recognise post-traumatic symptoms and PTSD:-

- ☑ the causes and mechanisms of trauma
- ☑ the effects of trauma on human behaviour
- ☑ traumatised behaviour in people with a problem
- ☑ how to engage with traumatised people to explore options
- ☑ the nature and availability of effective treatment
- ☑ a clear route to resolving workplace difficulties caused by trauma in previous (or current) employment

Course structure

There are two parts to the course, which complement each other and are usually delivered in-house as two half-day modules.

Module one, intended for all levels of management, is the awareness course.

This explains the causes and effects of psychological trauma, the natural course of the problem and the routes to treatment. This equips organisations to recognise when someone has a problem and to plan a solution.

Module two is a practical workshop for the staff who need to work with the problem and sort it out.

This course teaches the use of specialised tools for communicating with distressed people, establishing the kind of trust needed to open up the subject, and then generating the motivation to do something about it.

Training course provider

This course is provided by PTSD Resolution in association with corporate motivation and performance consultancy Human Nature at Work UK.

An independent registered charity No. 1133188, Resolution provides counselling and treatment services to veterans of the UK armed forces, as well as reservists, TA members and civilians who have worked in UK conflicts in an ancillary role.

The lead trainer is Piers Bishop – psychotherapy writer and lecturer, Resolution trustee and director of Human Nature at Work UK.

Why choose Resolution for your training?

Expertise: Our trainers are highly experienced. They recognise and deal with post-traumatic symptoms and PTSD day-to-day. This practical expertise is now available to help your staff recognise and understand the symptoms of trauma, and then help others move to a point where a solution can begin.

Charity: All profits from the training go towards meeting the costs of the PTSD Resolution programme, which provides free therapeutic help to veterans and reservists.

Help your people get better - not get sacked!

