

CASE STUDY

A former soldier who suffered serious post-traumatic symptoms after serving in the Army for 22 years underwent Resolution's treatment:

"I had my first session which did not involve any detail discussion about my trauma; indeed my therapist still has no knowledge of the events which traumatised me. After the session I went away not knowing what to expect, but that night my nightmares ceased, I became much calmer and to this day have not had one flashback or re-enactment episode. I threw out my anti depressants. I have re-connected to those around me and can now hold down a job."

"Together with many others, I believe that anyone who has been traumatised in the service of their country should be given immediate access to a kind of therapy that gives most patients proper relief from the symptoms that they suffer.

Ideally this treatment should be provided close to their homes, in a calm and pleasant environment; and it should be free in case of need.

But the sad reality is that traditional programmes tend to focus on long term support - which is expensive and may generate dependency - and some organisations will not deal with sufferers who are known to be users of drugs or alcohol, or who have certain types of criminal record."

General the Lord Ramsbotham GCB CBE,
President of PTSD Resolution

**WHO
CARES
WINS**

the fund-raising campaign for PTSD Resolution

HOW YOU CAN HELP

Our **Who Cares Wins** appeal campaign is raising £1,000,000 to meet the cost of treatment for Military PTSD, to help current and future veterans.

DONATE ON-LINE

You can make donations to Who Cares Wins appeal quickly and securely through our website: www.ptsdresolution.org.
Every pound you donate helps.

OR DONATE BY MAIL

Please make your cheque payable to:

"PTSD Resolution" and send it to:

PTSD Resolution,
Meadow Cottage
Poundfield Road
Chalvington
Sussex
BN27 3TH

Tel: Office: 0845 021 7873

Mobile: 07831 614292

pb@ptsdresolution.org

**For immediate help
ring 0845 021 7873
www.ptsdresolution.org**

resolution

rebuilding lives

registered charity no. 1133188

YOU DON'T HAVE TO WAIT TO GET BETTER



**FREE effective treatment for
Military Post-Traumatic Stress
for reintegration into work & family life**

Military post-traumatic stress wrecks the lives of sufferers, their families and friends. Trauma can cause flashbacks, nightmares, anger and depression, often leading to violence, alcohol and substance abuse, family breakdown and even suicide.

Over 300 Falklands veterans have committed suicide; more than were killed in the fighting in 1982. Today, 20,000 ex-servicemen are in jail or on probation.

PTSD Resolution: our mission is to provide more effective therapy for veterans suffering from military post-traumatic stress. We're ensuring better access and availability for treatment. It's a programme designed to meet the special needs of our ex-service men and women. Relief is almost immediate: therapy is brief, effective and proven to work.

With your support, PTSD Resolution can ensure more veterans benefit from this treatment. When you donate, you're helping to relieve the chronic symptoms of military post-traumatic stress, helping sufferers in need of help to resume a normal family, work and social life.

Approved for Veterans

PTSD Resolution treatment meets the special needs of veterans of the armed forces. Therapists in the PTSD Resolution programme use a form of

Trauma-Focused Cognitive Behavioural Therapy (CBT) which is a treatment for Post Traumatic Stress Disorder (PTSD) approved by the National Institute for Health and Clinical Excellence (NICE); delivered within the Human Givens approach.

Treatment is effective without the therapist or anyone else having to know the details of the traumatic events, and without the sufferer having to re-tell or re-experience the impact of the events. This respects the need for privacy and confidentiality..

The patient's calm state during treatment, and minimal verbal recounting of the traumatic episode, ensure that PTSD Resolution's trauma-focused CBT is as compassionate and supportive as possible for veterans.

Military Post-Traumatic Stress can be treated successfully

- Local outreach programme through 250 therapists nationwide
- Effective treatment: 80 per cent of patients successfully treated
- Brief therapy: typically within three to five one-hour sessions
- Out-patient treatment: supports family, work routines and relationships
- No waiting lists: therapy can usually begin within days
- Confidential service, no clinical or service referrals required
- Non-intrusive: no requirement to re-tell or re-live past traumas
- Free

What We Do

Our Mission is this: to ensure effective therapy for military Post -Traumatic Stress. Better access and availability of treatment for all veterans and reservists of the UK armed forces.

The PTSD Resolution programme involves a series of one-hour therapy sessions on a one-to-one, out-patient basis, to relieve veterans of disabling symptoms.

Four treatment sessions is usually enough to bring the peace of mind that enables a veteran to start to resume a happy and productive family and work life.

A single course of treatment is usually all that's required. It's delivered through a national network of *approved therapists, so veterans do not necessarily have to travel to receive help.

We're also doing research and raising awareness of the causes and treatment of post traumatic stress. PTSD is little understood by veterans - or their families, friends or employers who are often very much affected by the destructive behaviour associated with the condition. A key area of research will be the plight of veterans in the prison and probation system – who number some 20,000 today.

*Full details of the therapy network available on request.