

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

Each treatment costs the charity £750 on average. Please donate often and as much as you can - see over...

HOW YOU CAN HELP

Your donation will help meet the cost of treatment for veterans, reservists & families. A course costs the charity an average of £750, with an 8 out of 10 success rate.

DONATE ON-LINE

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

Every pound you donate helps.

OR DONATE BY MAIL

Please make your cheque payable to:
"PTSD Resolution" and send it to:

PTSD Resolution
6 Barnard Gate, Haywards Heath,
West Sussex, RH16 1PQ

Tel: Office: 0300 302 0551
contact@ptsdresolution.org

TEXT TO DONATE

Text: RESOLUTION (amount)
to 70085

For prompt help ring 0300 302 0551
www.ptsdresolution.org



accredited register



PTSD Resolution

Counselling Forces' Veterans, Reservists & Families
registered charity no. 1133188

Effective treatment for Military Post-Traumatic Stress for reintegration into work & family life



YOU DON'T HAVE TO WAIT TO GET HELP

Call 0300 302 0551

For effective, prompt and local treatment

You can now
donate using
the scan code
with your
mobile device



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, prison and even suicide.

Today, some 2800 former members of the armed forces are believed to be in the criminal justice system.

PTSD Resolution helps ex-service men and women who have mental health problems following service in the UK armed forces. We are an independent charity that aims to work with the people other services do not reach or have not been able to help. We work in prisons, for example, and we are generally able to work with traumatised people who have alcohol and drug problems provided they are able to engage in therapy.

For those clients who engage with the therapeutic process and meet their appointments the outcomes from PTSD Resolution are very good, even when the trauma is long-standing and complex.

However, PTSD Resolution is not a mental health crisis service. If you are in danger or have severe mental health problems please ring your GP; if there is a strong element of risk then contact the mental health crisis team, or if absolutely necessary the emergency services.

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

PTSD Resolution's therapists use Human Givens Therapy (HGT), a form of Trauma-Focused Cognitive Behavioural Therapy (CBT). CBT is a treatment for Post Traumatic Stress Disorder (PTSD) approved by the National Institute for Health and Clinical Excellence (NICE). All therapists are accredited by the Professional Standards Authority (PSA).

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 and reduces stigma.

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

MILITARY POST-TRAUMATIC STRESS CAN BE TREATED

- ✓ **LOCAL** – via 200 accredited therapists UK-wide
- ✓ **EFFECTIVE** – Fully measured treatment & recovery rates
- ✓ **BRIEF** – an average of 6 sessions
- ✓ **INCLUSIVE** – we also help partners and families
- ✓ **PROMPT** – start of treatment usually within days
- ✓ **CONFIDENTIAL** - no clinical or service referrals required
- ✓ **PRIVATE** – no re-telling trauma experiences

HOW RESOLUTION WORKS

Resolution offers rapid, effective and local treatment, **free** to the client, to reduce trauma symptoms and help with re-adjustment to normal life.

This involves a number of 1:1 therapy sessions on an out-patient basis. Depending on the case, an agreed end of therapy is generally reached in about five sessions.

The goal is to relieve trauma symptoms and help the client to manage with no continuing need for therapy. The programme is delivered in quiet locations through a network of therapists around the UK, so veterans do not have to travel long distances, or visit crowded areas or institutional buildings. Treatment is also available on-line.

The goal of any trauma therapy is to break the link between the memory of the original event and the strong emotional response, so that accidental reminders of traumatic events can be dealt with in a calm state.

We do this as humanely as possible: therapy is conducted in a deliberately calm state, without requiring people to talk in detail about traumatic events.

Symptom exacerbation caused by repeated recounting of traumatic events is one of the main reasons veterans drop out of trauma treatment.

Progress is monitored using approved outcome measures (the IES-E for trauma and the general CORE scale). The approach meets all the NICE guidelines. For more detail see the 'How Resolution Works' page of the website.