



Colonel Tony Gauvain (retired) is a dedicated mental health advocate with a mission to support the well-being of veterans and their families.

Having served in and commanded the 1st Battalion The Cheshire Regiment, he retired from the army in 1992 after 32 years service.

Whilst working in the IT industry for ten years, Tony was motivated to alleviate the mental suffering he had witnessed among veterans and bereaved families from the [Ballykelly](#) Bomb terrorist incident in 1982. He decided to train as a Human Givens psychotherapist.

In 2009 Tony and colleague Piers Bishop, also trained as Human Givens therapist, identified a need for improved mental health support for veterans. They founded [PTSD Resolution](#), an armed forces mental health charity which has since helped almost 4,000 veterans, reservists and their families overcome military trauma and mental distress.

Tony's vision for PTSD Resolution was inspired by his belief in the effectiveness of Human Givens Therapy (HGT), a brief, solution-focused approach. Tony and Piers set up a pilot study using HGT, working with the Falklands Veterans Association on the occasion of the 25th anniversary of the Falklands Islands campaign. The successful pilot led to the creation of PTSD Resolution, which now serves veterans, reservists and their families through a network of 200 HG therapists nationwide.

Tony has been instrumental in ensuring that PTSD Resolution's therapeutic approach and delivery is both efficient and cost-effective. The charity collates the real world evidence of all their results to ensure a uniform quality of care. With an average of six outpatient treatment sessions per client, treatment costs only £750 per full programme, provided in person or online free of charge to beneficiaries.

Under Tony's leadership, PTSD Resolution has gained recognition from military and psychotherapy establishments, joining Cobseo in 2018 and receiving certification from the Royal College of Psychiatrists in 2022. Tony envisions a future where the charity works alongside allied organisations to provide integrated, coordinated support for veterans, reservists and their families.

In 2023 Tony was one of 500 UK citizens chosen by Queen Camilla to be a [Coronation Champion](#) for his work in starting and running PTSD Resolution. The award recognised Tony as an outstanding volunteer, in an unpaid and voluntary capacity, in setting up the charity. At the time, Tony said:

“It’s an honour to be named a Coronation Champion. At PTSD Resolution we have all worked tirelessly to support the mental health of our veterans, reservists and their families.

“There is still much to be done and so many people who need our help, those who have given so much for our country, and we hope that people will support our work further. We are probably unique in our lean structure as a charity; we pay no salaries and own no assets; donations are used to help our clients.”

Also in 2023, Tony was honoured with the Healthcare and Rehabilitation Award at the prestigious [Soldiering On Awards](#). The award was sponsored by Redwood Technologies and recognised Tony’s outstanding commitment and contribution to supporting the mental health and welfare of veterans and their families. The [black-tie ceremony](#), hosted by Jeremy Vine at the Park Plaza Hotel Westminster Bridge in London, celebrated the remarkable achievements of those who have served the country and continue to dedicate themselves to the armed forces community.

Tony stepped down from his role as CEO in 2023 and remains committed to the charity's mission and continues to serve as its chairman. His dedication and vision have built a strong foundation for PTSD Resolution, ensuring its continued success in providing free, local, effective and timely mental healthcare for veterans.

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- 2023 - Winner, Healthcare and Rehabilitation Award, Soldiering On Awards
 - 2023 - Named Coronation Champion
 - 2015 - Fellow of the Human Givens Institute
 - 2009 - Started PTSD Resolution
 - 2002 - Gained the Diploma for Human Givens Therapy and started in private practice
 - 1992 - IT industry – Data Sciences, IBM, L3
 - 1992 - Retired from Army as Colonel
 - 1982 - Droppin Well Bomb, Ballykelly
 - 1981 - Commanded 1st Battalion The Cheshire Regiment
 - 1961 - Commissioned into the Cheshire Regiment
 - 1959 - RMA Sandhurst
 - 1954 - Wellington College, Berkshire
 - 1941 - Born