

PTSD Resolution



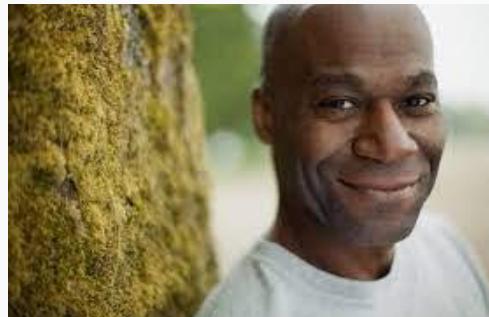
Counselling Forces' Veterans, Reservists & Families
registered charity no. 1133188



PTSD Resolution has been helping Veterans, Reservists and their family members for the last 11 years. To date we have helped 1000's of people however we have only been able to continue to do what we do with your help.

"It's absolutely amazing."

"If I compare my condition before and after therapy, it's like night and day. All my relationships have changed - and my lifestyle has changed completely. It's best described by my mum because she sees the subtle changes. She's seen the improvements in the way I talk, the way I act, the way I feel about everything around me. I've got more joy."



"I'm not going to describe my traumatic event. Which one? There's so many...

"I'd needed therapy for a while - it was obvious to me! - but the idea of sitting down and talking through my emotions... I was full of fear. I'd been to see a therapist in France when I was younger. He hardly talked to me for an hour. I was on a sofa like you see in movies and I hated it.

"I heard about PTSD Resolution through work. I called them because my leg was causing me issues - since my medical discharge from the army with a leg injury - but we uncovered so much more that I had buried away! For someone who's suffered a lot of trauma, PTSD Resolution is probably the best place to go. There's no 'flashback' or being pushed - it's just being in a safe place, and then going through things bit by bit.

It was so different from what I expected."



"This type of therapy isn't about talking all the time and finding someone to blame - it's about understanding what's happened to you. I didn't have to talk about my past. I mean, I did open up and say a few things, but mostly I was able to just go through things in my head - and it was amazing. Basically you "rewind" through your memories of certain situations – quite bad situations – but you're in a safe space. Suddenly you start remembering all the good things rather than all the bad. You feel all the emotions again - but you're just rewinding through them, going through and understanding. Putting a name to the emotions."



"It's been exactly what I needed - because talking about my past was probably not the best idea in the world!

"At the start, you expect you're going to have these heavy, emotional scenes - and, yes, sometimes it has been quite heavy, but I've never left a session feeling like I had all this weight on my shoulders. I always just carried on with my day, because I felt that we had dealt with everything. Also, if I turned up and was too tired or I wasn't really in a good place then we did other things. I never felt pushed. The idea was 'if we don't get there today, we'll do it a different day' - and I think that's great."



"When I started treatment my goal was to apply for a job. I ended up getting an interview, getting a job and then being comfortable enough to get on the phone and sort out moving, training, everything I needed. I don't struggle with little things at work anymore - like answering emails. I'm not overwhelmed by small things."

"Before I applied for this job, my therapist worked with me to change my ideas about being rejected. That was great because, yes, I applied and got rejected in the first interview! But - because I was prepared I was able to name the emotion I was feeling and then look at the positive side. I was able to do that. NO chance I would have done that before. After that, they asked me for another interview, with a different department, because they wanted me."

"I would definitely recommend PTSD Resolution to another sufferer, without a doubt. I can't praise this service enough, it's just been spectacular. Halfway through, my therapist felt I was going to need more than the 6 sessions. PTSD Resolution said I could have as many as I wanted - and that helped a lot. When they said that, a weight was lifted and I felt that everything I needed was covered."

"Every aspect of my life has changed completely. Every single goal that we set at the start of treatment - and I thought they were pipe-dreams if I'm honest - I have completed. I know there will always be challenges - I still have problems with my leg and how I feel about it, and some issues with crowds - but now I've got things in place to help me deal with them."

"When I first started therapy I didn't expect to be where I am now. I had 14 sessions - with a few breaks - and the change from then to now is ridiculous! I know that I can go away and do this on my own, if I need to - but I always have something to fall back on if I can't. It's absolutely amazing."



theBigGive

PTSD Resolution has been selected to participate in the [Big Give Christmas Challenge](#) 2020, the UK's largest match funding campaign.

We will be raising money to support the mental welfare of Veterans, Reservists and their families. Donations to this project will be matched from 12pm on 30th November until 7th December..

If you would like to help, then please raise and retain any funds until that date - as donations will only be doubled when donated online during those dates, not before.

So please add a calendar reminder to your diary for 12pm on 30th November to donate! Please use this [link](#) for more information. You will also be able to make your donation using this link once the Christmas Challenge is open.

If you have any questions, don't hesitate to contact us at contact@ptsdresolution.org.



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You have asked to join our mailing list to receive our bi-monthly newsletters.

Our mailing address is:

PTSD Resolution
c/o Chantry House
22 Upperton Road
Eastbourne, East Sussex BN21 1BF

United Kingdom