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3022 referrals have been received to date. An average of 8 referrals continue to be received per week. My congratulations and thanks to all of you who continue to deliver such brilliant therapy with outstanding results.

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## The Military Mind – Virtual peer group



As previously scheduled, our next meeting on Zoom will be on **11<sup>th</sup> March at 6pm**. This is an opportunity for free-ranging discussion about the military and their families and what characteristics they have that may require a special awareness of when delivering HG Therapy (HGT). Please tell Clare on [clareborg.ptsdr@gmail.com](mailto:clareborg.ptsdr@gmail.com) that you would like to attend and she will send you the Zoom link in reply.

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## Research



We are building a case for a research project which will compare PTSDR HGT outcomes with those of a Veterans' mental health IAPT; and probably also to compare non-military outcomes with a civilian IAPT. This will obviously only be possible by using Pragmatic Tracker and using similar diagnostics to those of an IAPT. Bill Andrews has already started to address this and I would ask as many therapists as possible to join in. It is in the interests of all of us to do so.

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Susan Hancock ([susan Hancock.ptsdr@gmail.com](mailto:susan Hancock.ptsdr@gmail.com)) is our administrator for all social support needs. Please email her if help is needed with any of the following: Debt, Housing, Benefits, Family Issues, Isolation and Loneliness, Assistance with Letter Writing, Obtaining items including Equipment such as Laptops and Tablets, Putting in touch with Charities that can obtain White Goods, Smart Phones and more.

Hobbies that can be conducted on Zoom such as Art Classes. All details and solutions are researched by Susan and are fully traceable. Also, when lockdown is over, there are many activity organisations that Susan can put people in touch with as follows:

Salmon Fishing at a Fishery in West Sussex

Outward Bound Activities

Model Making

Man Caves - Sheds

Horticulture

Walks with other Vets and their dogs (virtual at the moment)

Overnight stays for Vets and their families

Sports Therapy to Aid Recovery

Horticulture

Wilderness Workshops

Introduction to Construction Industry

Endeavour - Buddying; Help with Alcohol Dependency; and more

Child Law Advice organisation

"Minds At War" for someone contemplating Suicide

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smile.amazon.co.uk

If you have not done so already, please shop through Amazon Smile, and choose PTSD Resolution as your charity of choice. A small % of your payment will come to PTSDR. Every little helps.

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***Many thanks as always for your outstanding work***

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