

PTSD Resolution

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

Welcome to the New Year

2996 referrals have been received to date. Seven 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.

78% Success Rate

A very recent analysis of results on Pragmatic Tracker shows the continued delivery of 78% successful outcomes. An explanation and summary can be found [here](#).



10 YEAR
IMPACT REPORT
2010 - 2020

10 Year Impact Report

Please read our 10 year Impact Report [here](#) to give you an overview of all we have done to date. Please use it freely to promote yourselves, HGI, and PTSDR in any way you can.

Six Sessions

Although we ask you to aim to achieve an agreed planned ending within six sessions, please do not regard this as a rigid constraint. We notice that many cases are increasingly 'complex', that is to say they are often concerned with contemporary trauma on top of early life trauma; or co-morbid, that is a person having more than one condition. If you require more than six sessions, then please ask me for a review at the fifth or so, to consider how many more may be needed.



Rewind

Please note the article in the latest Journal, 'When Rewind is not the answer'. And when Rewind may be the answer, please consider delaying the intervention by a session or more, to create the right level of confidence and anticipation, rather than feel you have to rush the process before sufficient preparation has been made



ALERT!

'Sensory-vibrational focused EMDR'

Beth Hamilton has come across four clients, who have received/been put through the 'sensory-vibrational focused EMDR' treatment, to their detriment. By the way one client received this at Catterick. If any other therapists have found the same thing, please tell Beth who is happy to collate this information, for us to pass on to the relevant authorities as contravening the professional principle of 'do no harm'.

smile.amazon.co.uk

Please consider making your Amazon purchases through Amazon Smile (<https://smile.amazon.co.uk>), because you can choose PTSD Resolution as your donation recipient. **It is really very easy and will help to keep us going.**

Ramsgate International Film & TV Festival, June 2021

'Fight Back' Awards honour veterans working in the film industry with experience of channelling their mental health difficulties into creativity. Details can be found at <https://ramsgateiftvfest.org/fight-back-film-awards/>. If you know of anyone who may qualify, please pass this on.



Thank you for all your hard work and continued support



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