

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 Resolution

HOW YOU CAN HELP

Our **Who Cares Wins** appeal campaign is raising £1,000,000 to meet the cost of treatment for Military PTSD, to help current and future veterans.

Four treatment sessions is usually enough to bring the peace of mind that enables a veteran to start to resume a happy and productive family and work life.

DONATE ON-LINE

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

OR DONATE BY MAIL

Please make your cheque payable to 'Who Cares Wins', and send it to:

Who Cares Wins,
Church Farm Lane,
Chalvington,
HAILSHAM,
BN27 3TD

Tel: Office: 0845 021 7873
Mobile: 07831 614292
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resolution

rebuilding lives
registered charity no. 1133188

WHO
CARES
WINS

Effective Treatment for PTSD
Post-Traumatic Stress Disorder
For Armed Forces' Veterans

Military post-traumatic stress wrecks the lives of sufferers, their families and friends. Trauma causes flash-backs, nightmares, anger and depression, often leading to violence, alcohol and substance abuse, family breakdown and even suicide.

Over 300 Falklands veterans have committed suicide; more than were killed in the fighting in 1982. Today, 20,000 ex-servicemen are in jail or on probation.

PTSD Resolution: our mission is to provide more effective therapy for veterans suffering from military post-traumatic stress. We're ensuring better access and availability for treatment. It's a programme designed to meet the special needs of our ex-service men and women. Relief is almost immediate: therapy is brief, effective and proven to work.

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

Approved for Veterans

PTSD Resolution treatment meets the special needs of veterans of the armed forces.

Therapists in the PTSD Resolution

programme use a form of Trauma-Focused Cognitive Behavioural Therapy (CBT) which is a treatment for Post Traumatic Stress Disorder (PTSD) approved by the National Institute for Health and Clinical Excellence (NICE)

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..

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

PTSD Resolution Treatment for Trauma

- Effective treatment for Post Traumatic Stress Disorder
- Better than 80 per cent success rate in treating veterans
- Exclusive to veterans of the armed forces, to meet their special needs
- Therapy is brief & effective: an average of just 4 one-hour sessions
- One-to-one confidential treatment on an out-patient basis
- Trauma-Focused Cognitive Behavioural Therapy approved by NICE
- Proven success rate, with no further reliance on therapy
- Help with other problems such as addiction

What we do

Our Mission is this: to ensure effective therapy for military PTSD (Post Traumatic Stress Disorder). Better access and availability of treatment for all veterans of the UK armed forces.

The PTSD Resolution programme involves a series of one-hour therapy sessions on a one-to-one, out-patient basis, to relieve veterans of disabling symptoms.

A single course of treatment is usually all that's required. It's delivered through a national network of *approved therapists, so veterans do not have to travel long distances to receive help.

We're also doing research and raising awareness of the causes and treatment of post traumatic stress. PTSD is little understood by veterans - or their families, friends or employers.

These are often very much affected by the destructive behaviour associated with the condition. A key area of research will be the plight of veterans in the prison and probation system – who number some 20,000 today.

*Full details of the therapy network available on request.

www.ptsdresolution.org