



PTSD Workshop for Soldiers

Identifying in-service and combat trauma as it translates into intrapersonal experience and interpersonal behavior.

A 4-hour workshop in which post-traumatic stresses from Service experiences, both in-service- and combat-related, are identified and explored. Group work is focused on creating tools to heal intrapersonal damage from trauma and creating interpersonal behaviors that are effective coping skills.

For more information, please contact:

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