

NEW!
Couples Retreat for Veterans with PTSD

Reconnecting after Trauma

July 10 -14 in Vernon, BC



Dear Lana,

[The Operational Stress Recovery Program](#) is pleased to offer a new program exclusively for couples. When one partner in a relationship suffers from PTSD, the couple - and the entire family - suffer too.

The new CONNECTING COUPLES with PTSD RETREAT, is an evolution of the highly successful Operational Stress Recovery program, which includes a brief couples component. Due to the positive impact of this intervention and to requests for more couples work, we are expanding the couples model to an entire week.

The Couples Retreat

We recognize the critical importance of treating both partners and the relationship itself, not just the person affected by an Operational Stress Injury. In fact, research clearly shows that even when patients receive high-quality treatment for PTSD, they are more likely to get better if their marital problems are addressed.

Our retreat includes:

- Education to assist partners in understanding how Operational Stress Injuries (OSIs) affect marital and family relationships.
- A supportive environment for spouses to reach out and find mutual support from one another.
- Skills-building to reduce the impact of OSIs on marriage, including communication and conflict management.
- Management of OSI symptoms that put marriages at risk, such as irritability, emotional numbness/distancing and impaired intimacy.
- Individualized couples sessions with trained professionals, focussing on the unique characteristics and needs of each couple.
- Heartmath® and other self-regulation therapies.
- Daily programming including yoga, art therapy, equine work, massage, and other activities to help couples rediscover adventure and have FUN!
- Accommodation in the Prestige Inn in Vernon.

YOU'RE INVITED!

This retreat is open to military Veterans or retired RCMP who have a VAC Health Identification card. VAC Case Managers can make referrals to the program. For further information **call 1-855-542-0660.**

Our treatment is based on evidence-based approaches to couples counselling, including [Gottman Method](#), [Emotion-Focused Therapy](#) and [Cognitive Behavioural Couples Therapy](#). As well, the program offers innovative self-regulation techniques such as [Heartmath](#), biofeedback and mindfulness. Guest speakers will also present on a variety of issues related to coping with trauma in relationships. Couples will leave the retreat with an action plan and goals designed to continue improving their relationship.

The program is coordinated by Dr. Gordon Davidson, Registered Psychologist. He is the Clinical Director of the OSR program. In addition to an extensive background working with Veterans, he conducted his doctoral research in the area of couples therapy and his research has been published in the Journal of Family Psychology. Other staff include: Tina Rochford, Phd, a therapist in the OSR program with many years of experience working with couples; Mary Graydon, MC, CCC, also with the OSR program, who has extensive training in Gottman Method couples therapy; and Dirk Terpstra, an Internationally recognized and certified trainer for Heartmath® biofeedback.