

VETERANS TRANSITION PROGRAM

PURPOSE

The Veterans Transition Program is a series of group sessions in which veterans help veterans transition to civilian life with guidance from trained clinicians.

The group work involves communications skill development, career exploration and counseling, as well as Life Review and Group Action Process exercises to help participants process and move beyond any trauma injuries in a supportive, structured and safe environment.

EXPECTED OUTCOMES

- Relief from persisting stress reactions including:

- i. reduced trauma symptoms
- ii. decreased depression
- iii. increased self-esteem

- Recover personal resiliency
- Identify life and career goals
- Transition military skills into successful civilian life
- Enhance relationships with significant others (families, partners, spouses, children)

OBJECTIVES

- Enable soldiers to “drop the baggage” of operational stress
- Provide tools to be successful and productive in civilian life

DATES

September 9-12 (Fri 9:00am – Mon 4:30pm)
September 23-26 (Fri 9:00am – Mon 4:30pm)
October 15-16 (Sat 9:00 am – Sun 4:30pm)

Participants must arrive no later than 9 AM of the first day of each phase. Contact Jenna (details below) for early/out-of-town arrival. Sessions proceed until 8:00 PM every day except for the final day of each phase.

REGISTRATION

- Participants must be able to attend all 10 days of the program
- Participants must undergo an informal intake interview to ensure suitability for the program

VAC Health Identification Cards Accepted

To register, contact:

Jenna Bind

**Western Operations Coordinator,
Veterans Transition Network**

P: 604-559-8155

E: jenna@vtnvcanada.org

The Veterans Transition Network is an approved service provider for Veterans Affairs Canada.

VAC Case Managers may contact Jenna Bind (above) for more information.

LEADERS

RETREAT



Torie Carlson received his Ph.D. in Counselling Psychology from Ball State University in Muncie, Indiana in 2002. He completed his residency at the University of Manitoba, Faculty of Medicine, Department of Clinical Health Psychology. Upon completion of the residency, Dr. Carlson took a position as an Assistant Professor in the department. His responsibilities included training psychology interns to work in the North, as well as consulting to the Nor-Man Regional Health Authority in Flin-Flon and The Pas, Manitoba. He is currently registered in Alberta to practice as a Psychologist and is a Clinical Associate Professor in the Department of Anaesthesia, Faculty of Medicine, University of Calgary.

Kevin Lutz is a registered clinical counsellor in British Columbia and a third year PhD student in Counselling Psychology at UBC, with a background in cognitive neuroscience and philosophy. He has a special interest in group work, and extensive experience with clients who have suffered trauma. His current research interest explores group treatment for post-traumatic stress disorder among veterans. His 13 years of clinical experience with high-risk youth, young offenders, addicted clients, forensic patients, and those with severe and persistent mental illness, brings a well-rounded perspective to his work with the Veterans' Transition Network.



LOCATION & ACCOMODATION

The program will be held at a retreat centre located roughly 80 minutes east of Winnipeg, MB. Individual rooms are provided, along with a private meeting space.

We provide overnight accommodation and meals. Any travel costs incurred by participants are reimbursed by VTN.



Developed at the
University of British
Columbia

