

Helping Canadian Veterans Back to Civilian Life.



A Data-Driven Approach to Recovery:



- **Baseline Assessments**: All Participants complete initial evaluations conducted by Psychologists to establish their treatment plan.
- **Tracking Symptom Improvement**: Self-report screening questionnaires (e.g. PHQ, GAD-7) completed by Participants before each session.
- **Progress Reports**: Submit 8-week summaries documenting outcomes and therapy effectiveness.
- **Outcome Focus**: Align treatment plans with measurable improvements in functioning and well-being.



Core Activities in the Program



- **Participant Collaboration**: Work closely with veterans to set and achieve individualized goals.
- Rehabilitation Goals: Restore baseline psychological functioning and improve quality of life.
- Deliver Evidence-Based Therapy: Use EMDR, CBT, CPT, DBT, SCHEMA Therapy, ISTDP, or other modalities tailored to veterans' needs.
- Structured Sessions: Conduct 50-minute therapy sessions, typically totaling ~20 sessions per Participant.



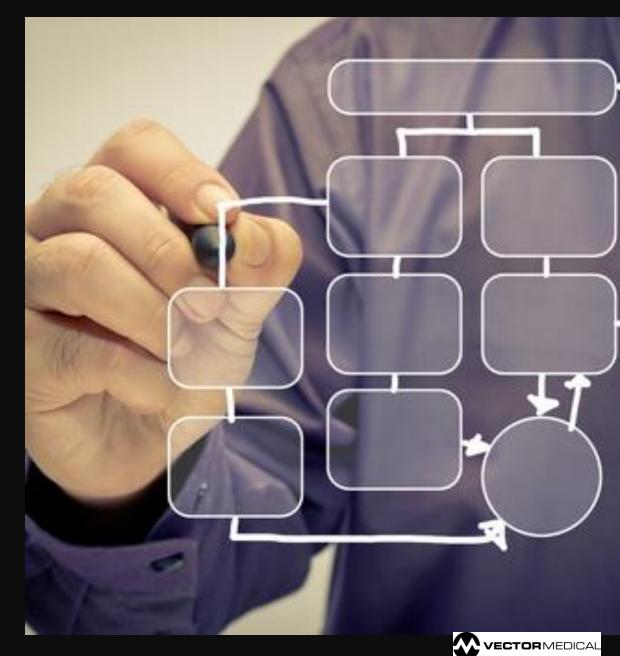
Options for Supervised or Independent Therapy

- Independent Practice: Conduct sessions directly under your own professional credentials.
- Supervised Therapy:
 - Work under the guidance of a supervising Psychologist.
 - Benefit from mentorship and clinical oversight.
 - Fulfill program-specific requirements.
- **Tailored Opportunities**: Choose the format that aligns with your preference.



Therapy Framework and Workflow

- **Pre-Authorized Sessions**: Participants are approved for a defined number of sessions with options for extension if needed.
- Session Notes: Complete concise session summaries post-session.
- **Progression**: Request additional sessions if justified by Participant progress.
- **Billing and Scheduling**: Simple administrative workflows allow you to focus on therapy delivery.



Focus on Rehabilitation

- **Rehabilitation Over Maintenance**: Therapy designed to deliver measurable recovery, not prolonged maintenance care.
- Veteran-Centric Design: Tailored to the challenges faced by CAF veterans, including PTSD, anxiety, and adjustment disorders.
- **Data-Driven Outcomes**: Progress monitoring ensures therapy is effective and goal-oriented.
- **Collaborative and Impactful**: Play a key role in transforming veterans' lives.

