



# Helping Canadian Veterans Back to Civilian Life.

# A Data-Driven Approach to Recovery:

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- **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

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- **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.
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# Therapy Framework and Workflow

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- **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.
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# Focus on Rehabilitation

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- **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.

