

# A Bridge Too Far!

## Understanding and working with Military & Ex-Military Personnel who have suffered Combat Stress

Tuesday 12<sup>th</sup> May or Friday 18<sup>th</sup> September 2020 - Time 10am to 3.30pm

This one-day training is specifically developed for Counsellors, Therapists, Educational and Social Care Professionals that may be working or would like to work therapeutically with **military and ex-military personnel or their families**.

You will gain an insight into the military personnel way of thinking, and what the wives, partners or families may be going through.

This will enable clinicians to feel more confident in providing therapeutic support for military personnel, wives, partners and families in crisis, confusion and/or emotional war zone including Post Traumatic Stress Disorder (PTSD).

The training approach is therapeutic, informative and interactive.

### We will explore and discuss:

- ❖ Understanding military Combat Stress (PTSD)
- ❖ What are the effects on the military personnel?
- ❖ Transition from Military to Civilian
- ❖ What are the effects on wives, partners and families?
- ❖ Current support available for military personnel and their families
- ❖ Identifying appropriate Therapeutic Approaches
- ❖ Bridging Coping Mechanisms & Strategies

**Facilitated by: Richard Miller** is an Integrative Therapist and is ex-military himself specialise in working with Adult Ex-Military/Military personnel, wives, partners and families who have suffered Military Combat Stress, PTSD, abuse, trauma, anxiety, mental health issues among other short and long-term issues.

**Supported by:** Martin Chester, Dip Psychodynamic, Child and Family Therapist

**Cost of the training:** Cost for the 1 day training £150 (Lunch provided tea and coffee included)

**Venue:** LIFE-FORCE 3 East Hill, Colchester, Essex, CO1 2QL

**Secure Base Therapy,**  
Richard Miller (Therapeutic Integrative Counsellor)  
Practicing at - Life-Force, 3 East Hill, Colchester, Essex, CO1 2QL.  
Telephone: 07496 256412 E-mail: [r.miller@securebasetherapy.co.uk](mailto:r.miller@securebasetherapy.co.uk)  
Web Address - [www.securebasetherapy.com](http://www.securebasetherapy.com)



# A Bridge Too Far!

## Understanding and working with Military & Ex-Military Personnel who have suffered Combat Stress

*\*To reserve a place please fill in the booking form below and send it in, 12 participants max\**

### Booking Form

Tuesday 12th May 2020 or Friday 18<sup>th</sup> September 2020 (10am – 3.30pm)

\*Please mark the date you require above clearly.

**Venue:** LIFE-FORCE, 3 East Hill, Colchester, CO1 2QL

**Please reserve a place for this training (tick where applicable)**

I enclose a cheque for a non-refundable deposit of £50  
(balance of £100 payable on the day)

I enclose the full amount of £150.00  
Made payable to Richard Miller

I have paid £150.00 by bank transfer to:  
A/C R MILLER  
Barclays, Sort code 20 19 97  
Account number: 10251550

(If this training does not go ahead for any unforeseen circumstances all monies paid will be refunded promptly)

Invoice needed to activate payment

Name.....

Telephone.....

Contact Email .....

Job Role .....

Other needs.....

Please send completed application forms to the address below:

(All information and personal details supplied on this form will be double cross shredded within thirty days of completing the training and not used for any other purpose).

**Secure Base Therapy,**

Richard Miller (Therapeutic Integrative Counsellor)

Practicing at - Life-Force, 3 East Hill, Colchester, Essex, CO1 2QL.

Telephone: 07496 256412 E-mail: [r.miller@securebasetherapy.co.uk](mailto:r.miller@securebasetherapy.co.uk)

Web Address - [www.securebasetherapy.com](http://www.securebasetherapy.com)

