

UK Service Locator for Forces Veterans' Military PTSD Treatment

[PTSD Resolution](#) (registered charity No. 1133188) offers a service for the location of therapists offering free treatment for UK armed forces' veterans, TA and reservists to relieve mental health problems resulting from military service.

[PTSD Resolution](#) (registered charity No. 1133188) offers a service for the location of therapists offering free treatment for UK armed forces' veterans, TA and reservists to relieve mental health problems resulting from military service and in support of the military covenant, the charity says.

PTSD Resolution can also provide advice to the employers of staff who may require PTSD treatment, particularly in the defence, security and protection, insurance and legal sectors – as well as to Health & Safety and HR personnel.

The PTSD Resolution national outreach programme has over 200 therapists. Treatment is on an outpatient basis, to support family and work routines. It is free, confidential, local, on a one-to-one basis, with no waiting lists and no referral is needed. Therapy is brief and effective, the charity says – generally within three to five one-hour sessions treatment is ended by mutual agreement. It is unusual for further support to be needed subsequently.

Resolution therapists are trained in Human Givens Therapy (HGT) (1). Used in psychological trauma as a form of Trauma-Focused Cognitive Behavioural Therapy (CBT), this treatment for PTSD is consistent with the guidelines of the National Institute for Health and Clinical Excellence (NICE).

Patients are not required to talk about the events that may have caused the traumatic memory. The programme policy is that re-exposure is better done in the client's visual imagination and while in a relaxed state, protecting confidentiality and reducing distress. This is a relatively new development of trauma-focussed CBT, similar to Imagery Re-scripting and Reprocessing Therapy (IRRRT). (2)

Overall the programme has had a better than 83 per cent success rate (3) in resolving the condition for the 150 UK veterans of the armed services treated to date. This is similar to the recovery rate in the recent study of 599 stress-related cases from the general population who were treated using HGT: over 70 per cent reached a significant and sustained improvement after an average of 3.6 treatment sessions (4).

References:-

(1) What is Human Givens Therapy: See www.hgi.org.uk

(2) Holmes, E. A., et al., 2007. Imagery rescripting in cognitive behaviour therapy. *Journal of Behavior Therapy and Experimental Psychiatry*

(3) Bishop, P., O'Callaghan, B., 2010. *Effectiveness of HG Therapy for war veterans* [online]. Available at: http://abstracts.bps.org.uk/index.cfm?&ResultsType=Abstracts&ResultSet_ID=5713&FormDisplayMode=view&fmShowSelected=true&localAction=details

(4) Andrews, W.P. et al., 2011. Piloting a practice research network: A 12-month evaluation of the Human Givens approach in primary care at a general medical practice. *Psychology and Psychotherapy: Theory, Research and Practice*

For further information Contact:- PTSD Resolution www.ptsdresolution.org. Tel 0845 021 7873. e-mail sb@ptsdresolution.org. - Facebook: <http://is.gd/4RPUV>