

# Veterans Therapy Program

## Integrative Treatment Approach for Combat Stress and Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder (PTSD) symptoms have been shown to clinically respond to CranioSacral Therapy (CST). A manual therapy - CST supports and nourishes the body's central nervous system and has been reported to help alleviate the effects of PTSD.

### Manual Therapy to Relieve Symptoms of PTSD

- Designed to help with anger, depression, pain, sleeping, stress and other issues related to PTSD.
- Intended to help return individuals to health and wellness and alleviate challenges associated with combat stress and PTSD.
- Multi-disciplinary treatment teams provide pre and post-testing and daily four-hour sessions with multiple therapists.
- Group support sessions are designed to allow for camaraderie and sharing.
- Treatment team of healthcare professionals may include:
  - ~ CranioSacral therapists    ~ Occupational therapists    ~ Chiropractors
  - ~ Physicians                    ~ Doctors of oriental            ~ Psychologists
  - ~ Physical therapists            medicine
- Scholarships may be available through the Dr. John E. Upledger Foundation
- Program Fee - \$3,200. Additional costs include travel, meals, lodging and transportation.

### Upcoming Program Dates

Nov. 11-17, 2018 | Nov. 17-23, 2019 | Nov. 15-21, 2020

**To Register or Apply for a Scholarship:  
561-622-4706**

*Uf* Dr. John E.  
Upledger  
Foundation