



Bringing our veterans all the way home

Stories From Veteran Resilience Project

Ethics of psychotherapy say we cannot give out the words of Clients (Patients) without their permission. Most of the words below have that permission. In a few situations, the story is changed slightly to insure privacy. A common expression after 3-5 sessions is "Why doesn't everyone do this". Here's why:

"My anger is controlled. I credit EMDR with saving my life. The depression is mainly gone, and I have a different outlook, more happiness in my life."

"You have been so kind to do what you all do. So many of us Veterans are not getting the care we were promised. My therapist has been instrumental in helping me thru both residual PTSD and Military Sexual Trauma. They STOLE my soul. They took my peace away, so for me and my Comrades, thank you. I know you are saving lives."

"After several sessions, I recognized the triggers to my trauma, and could guide myself to a better place. The never ending nightmares stopped. I reconnected with friends, stayed in the Guard, and went to work as a preschool teacher, all things I could not otherwise have done."

"I was on the verge of suicide, and Elaine connected me with one of the VRP therapists. It was life changing. I still don't understand how he did it, but he changed my heart".

"You guys saved my marriage. You saved my life."

"My kids used to be scared when I got mad and yelled and threw things. You've helped me establish a good relationship with my sons."

"I was only 18 when I started serving overseas. Then the rapes started, and there was no one to tell. No one believed me. Then ten years later it happened again, a series of rapes. No one could help me. You understood. I know I couldn't always put the words together, but you helped me process without all the words. Somehow you helped me leave all that behind and find a better life"

"I'm a big guy so my rage could get me into a lot of trouble. Not only did I have wounds and moral injury from my service, but my homecoming was full of betrayal and abandonment. One day after my EMDR treatment, I broke up a scary situation with some Bikers causing trouble at my favorite restaurant. I didn't overreact. I just reasoned with them, and they chose to leave. A year ago I couldn't have done that. I would have started a messy fight. That's when I realized how much EMDR helped me"

"Some days I'm sad about opportunities I lost because I was reacting to my PTSD and Moral Injury. Then I was hurt when medical providers didn't get trauma. They treated me like I was psychotic. I was not. You "got" me. EMDR is helping me work out a positive path for the rest of my life."

"My husband's first wife tried to make trouble between us when he was deployed. You helped me clear childhood injuries, mixed with the ones I got when I was in the service. I didn't believe I deserved Protection and Respect. I don't know how EMDR did it, but you helped me know I can be a good mom and we can have a good marriage."