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NHVR: Helping Individuals with PTSD

In order to bring greater awareness to the issue of posttraumatic stress disorder (PTSD), the United States Senate designated June 27th as National PTSD Awareness Day. This topic touches upon one of the many ways that NHVR Counselors are helping their Customers.

As part of the Tier 1 and Tier 2 Business Development System (BDS), Customers experiencing PTSD are introduced to the following 3 step process:

My Life - My Choices

As a syndrome, PTSD often leads to a combination of associated symptoms that affect many routine day-to-day activities. The exercise below helps to bring clarity to what it is you may be wrestling with while also revealing actions that you can proactively undertake to bring about the outcome you desire.

1. Make 3 columns on a piece of paper or Word document as shown below
2. The first column is for describing what the current situation is
3. The second column is for describing what you want to the situation to be
4. The third column is for listing 3 to 5 (or more) action items that you will take to bring about the desired outcome that you want. Note that the first option here will always include, “do nothing and walk away.” This is an option worth considering under most any situation.

Example:

The Current Situation	What I Want it to Be	What 3 to 5 Things to Do to Bring about the Desired Outcome
<ul style="list-style-type: none"> • I need to earn more income • I have challenges that prohibit my securing full-time traditional employment 	<ul style="list-style-type: none"> • I want to generate income • I want to validate my self-worth through my work • I want to set a good example for my kids by doing what I love and earning income from it 	<ul style="list-style-type: none"> • Do nothing, walk away • Participate in a non-judgmental self-employment exercise • Use the 5 Steps of 10 Steps to evolve and test out a self-employment model • Test and refine your ideas over time in the real world • Use other resources such as SCORE and the SBDC to help you grow

The benefits to tackling some of PTSD challenges through this approach are numerous! Namely, Customers are making tangible the process of how they choose to live their life, which in turn is helping them to take a leadership role in productively and successfully defining their outcomes.

On a special note and building upon last month’s News Brief titled, ***Paying It Forward: NHVR ROCKS!!!***, view the Seacoast Online news story title, [Knowledge Knows No Boundaries](#).

For more information, visit: <http://www.buzvr.org/>

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