



WARRIOR STRENGTHING PROGRAM



CTRT Training Overview

Welcome aboard and thank you for participating in the Warrior Strengthening Program (WSP) and the Marine Corps Logistics Base, Barstow. This program is designed to empower Warriors to overcome issues related to Combat Stress and/or Posttraumatic Stress Disorder (PTSD). We help Warriors to learn to overcome PTSD with a program we have developed called Complex Trauma Resolution Training (CTRT).

Your training begins with a program overview presented by our instructors. After this overview, a model of what Posttraumatic Stress Disorder (PTSD) is, how it is acquired, and the reason a better name for this problem would be Posttraumatic Stress Injury (PTSI). You will discuss concepts of how your brain works, learn how you learn, and how you do the things you do. Next you will learn about behaviors, behavioral conditioning, strategies, perception, beliefs and much more. By the end of the first day, you will be introduced to the concept of Biofeedback. This introduction involves learning to use a biofeedback computer program in the classroom and to use a hand held unit after class. Over the next several days, you will receive an in-depth training on and have time to practice specific methods (tools) that are designed to allow you to resolve your PTSI issues. By the weekend, you will be ready to practice the tools you have added to your psychological toolbox. You will be asked to engage in activities and/or situations that once would have made you uncomfortable or even activated your PTSI. This is a time for experiential use of your new tools. After the weekend, you will have the opportunity to refine the tools you have learned as well learn other tools focusing on long term skills. When you have successfully completed CTRT, a certificate of completion is presented to you by your instructors.

CTRT is a very unique and powerful blend, Sensory Imaging, Self Hypnosis, and Neuro-Linguistic Programming (NLP). Sensory Imaging is a concept of how our five senses encode memory and how we are able to recode memory to meet our needs. Hypnosis is, according to the American Society of Clinical Hypnosis, "a state of intense concentration and focused attention in which imagery is encouraged and suggestions are presented to encourage changes now." Self Hypnosis, a self effected intense state of concentration, is used to integrate the different tools taught in our program. NLP is a framework that is used to maximize individual change through understanding how to change or eliminate behaviors. Applying these tools, you will have the ability to choose your own state of well-being.

After completion of the course, we offer a one-year follow up program for all Warriors completing CTRT. Our follow up procedures are explained to you and if you desire to participate, forms are completed. There are three follow-up contact evaluations over the following year. The first occurs 30 days after you finish CTRT. You are asked a series of questions to evaluate your progress since training. At this time, the two tests that you took over the phone prior coming to class, will be re-administered. With your permission we will contact a close family member or friend and your commanding officer (when appropriate) for their opinion of your progress. At the six month and one year marks, you and your family member or friend will be asked the same questions as at the 30 day contact. We will not contact your commanding officer again, as commanders frequently change. You can choose to modify your follow-up election at any time. We conduct these follow-ups not only to hear how well you are doing, but also to ensure we are providing the most effective training to meet our Warrior's needs.

Instructors

William F. Boxx, MA – Head, Marine and Family Services, Hypnotherapist and NLP Master Practitioner

David A. Nieman Ph.D. – Clinical Supervisor Marine and Family Services, Hypnotherapist and NLP Practitioner