

"This course blew me away. What a difference a day makes."
Simon. Private contractor, former British military 24 years.

In this course learn how to improve physical health and end anxiety loops caused by illness that presents as PTSD, learn mindfulness protocols to achieve Battlemind and overcome the key symptom of PTSD - intrusions, learn the keys to successful trauma recovery and in teams discuss operational level improvements.



Tactical Trauma Self Care Training

Nov. 30 or Dec. 1 - Vancouver, British Columbia

\$347 per participant including GST. Open to all security, law enforcement, first responder and military personnel.

Held at the Justice Institute of British Columbia.

training@militaryhealingcenter.net

www.militaryhealingcenter.net

BC contact – Joe Spindor 604.619.3065

jspindor@shaw.ca For large groups.

Individuals can register via the MHC site.

Register before Nov. 13.

