



Military Sexual Trauma and PTSD Retreat



The overarching theme of the weekend workshops is **Military Sexual Trauma: Redefining Recovery and Resilience**. Participants will:

- Learn about common reactions to trauma and MST, adaptive coping strategies, and resources for support and treatment.
- Explore opportunities to cultivate hope, self-compassion, and foster posttraumatic growth.
- Engage in experiential activities to understand their own strengths and recovery needs.

Valene Whittaker, Ph.D. is a licensed Counseling Psychologist and the Military Sexual Trauma Services Coordinator at the Edith Nourse Rogers Memorial VA Hospital. She is also the hospital's Black Employment Special Emphasis Program Manager. Dr. Whittaker's professional interests center around trauma recovery and resilience within Veteran, Active Duty, and Military communities; the health and wellbeing of people of color and specifically women of color; racial identity, race-related stress and trauma; and the integration of multicultural and social justice advocacy in clinical practice and training.

A **\$50 fee/person, \$100/couple** will be required at registration, and **will be fully refunded** at the completion of the retreat. Our retreats are 100% drug and alcohol free. All lodging, meals and activities are provided to Veterans **free of charge**. Transportation to or from retreat not included.



Project New Hope INC.
Where Veterans Rebuild With Honor



March 13 - 15, 2020



**Grotonwood Conference Center
167 Prescott Street
Groton, MA 01450**



**Presenter:
Valene Whittaker, Ph.D.
Counseling Psychologist**



REGISTER FOR THIS RETREAT TODAY
www.ProjectNewHopeMA.org/Retreats