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# VETERANS TRANSITION SKILLS COURSE

Ontario Men Nov 2023

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## PURPOSE

The Veterans Transition Program is a series of group sessions in which Veterans help Veterans transition to civilian life with guidance from specially trained, trauma-experienced clinicians.

The group work involves communications skills development, future goal planning and counselling. Life Review and Enactment exercises help participants process and move beyond trauma injuries in a supportive, structured and safe environment.

## EXPECTED OUTCOMES

- Improve quality of life through:
  - i. reduced OSI symptoms
  - ii. decreased depression
  - iii. increased self-esteem
- Recover personal resiliency
- Identify future goals
- Transition military skills into civilian life
- Enhance relationships with significant others (partners, spouses, children)

## OBJECTIVES

- Enable previously and actively serving service members to “drop the baggage” of operational stress injuries
- Provide tools to be successful and productive in civilian life

## SCHEDULE

Nov 22 Wednesday 9am – Nov 26 Sunday 2pm.

Participants must arrive no later than 8am of the first day. VTN suggests you arrive the evening before. Contact Patrick Thomas for travel information.

Sessions proceed until 6pm every day except for the final day, which ends at roughly 2pm.

## REGISTRATION

- Participants must commit to attend all 5 days of the program
- Participants must undergo an informal intake interview to ensure suitability for the program

The Veterans Transition Network is an approved service provider for Veterans Affairs Canada.

\*VAC Health Identification Cards Accepted

To register, please contact: **Patrick Thomas**  
Veterans Transition Network  
M: 514-606-4118  
E: [patrick@vtncanada.org](mailto:patrick@vtncanada.org)

## PROGRAM LEADERS



Dr. Bill Winogron is a clinical psychologist with experience in a broad range of clinical issues and populations. He is an Associate Fellow at the Albert Ellis Institute in NYC, and Adjunct Faculty at Yorkville University. His interests are highly varied and include recovery from psychological and neurological trauma, anger management, emotional self-regulation, evidence-based therapies, decision making processes, and motivation. He has worked in hospital, medical, forensic, and outpatient clinical environments and has designed and delivered clinical trainings throughout his career.



Normand Gingras holds a PH.D. in Clinical Psychology and has worked with individuals and couples at the Ottawa Couple and Family Institute for the past 18 years. He works with individuals and couples dealing with conditions such as PTSD, developmental trauma, depression and anxiety. He has taught extensively, offering supervision and training in individual and couples therapy and is a certified supervisor and trainer with the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT). He is currently one of the clinical supervisors in the doctoral program at l'Université du Québec en Outaouais (UQO). Normand is a former military aircraft maintenance officer, having served 13 years in the Canadian Armed Forces.

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## LOCATION & ACCOMMODATION

The program held at a retreat center located 20 minutes East of Kingston, ON. Individual rooms are provided, along with a private meeting space.

We provide overnight accommodation and meals. Any travel costs incurred by participants reimbursed by the VTN.

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