Veterans Retraining Program (VRP) Course Catalog

These classes provide an opportunity to re-train yourself for better emotional health. In the service, we were trained to operate with poor sleep, suppress emotions, and use anger to get results, but this leads to worse long-term emotional health and relationships. We took to our training well and don’t know much else. These are Re-Training classes to provide foundational knowledge and different skills that are essential for improved emotional health. The classes are designed to add knowledge and skills to your existing toolbox to help live life fully.

VRP Class List

These classes are billed as group therapy (CPT code 90853)
Links to classes will be sent via LiveWell app and email

- Relationship Repair (Mon 1200-1300) - Virtual only
  - This class is focused on helping individuals develop or improve skills in the area of relationships. Topics covered in this group include communication, intimacy, connection, sexuality, safety, and navigating difficult situations. This group is designed for veterans, service members, and first responders who may benefit from relationship support. Group sessions will be compromised of psychoeducation, exercises, and homework assignments to enhance comprehension of the material.
  - Expected Participation Rating (scale from 0-none to 10-a lot): 4
  - Facilitators: Tamara Morris (Army), Psy.D. & Mark Hufen (Navy), LPC, SAC

- Trauma 101 (Mon 1600-1700) - Virtual only
  - This class focuses on providing education about PTSD and strategies to manage symptoms during the recovery process. The group is lecture based with some discussion from group members about strategies used to manage PTSD related symptoms. The group is 12 weeks long and covers topics such as nightmares, fight/flight/freeze response, how trauma affects memory, ability to concentrate, anger, sleep problems, avoidance, numbing, and difficulty experiencing happiness. In this group, members do not discuss their specific traumatic experiences.
  - Expected Participation Rating (scale from 0-none to 10-a lot): 0
  - Facilitators: Erich Roush (Army), Psy.D. & Christopher Clark (French Air Force), LCSW

- Moral Injury (Tues 1200-1300) - Virtual only
  - This is an open class (referral needed from provider) designed for Veterans who have experienced morally injurious events and are struggling with guilt, shame, and anger resulting from these events. Group is most beneficial for Veterans who are willing to discuss and explore the impact these morally injurious events have had on their overall...
quality of life. Group sessions will be comprised of psychoeducation, experiential exercises, minimal emotional processing, group discussion, and written assignments to enhance overall comprehension and application of material.

- **Expected Participation Rating** (scale from 0-none to 10-a lot): 7
- **Facilitator: Kathleen Rivero, Psy.D.**

- **Emotional Intelligence (Tues 1300-1400) - Virtual only**
  - This class provides education and support to assist in recognizing and responding to emotions. Group often begins with individual check-ins regarding current/recent emotional experiences and any questions or specific areas of interest that the group may wish to discuss. This group provides information about the origins and role/purpose of emotions, strategies for recognizing emotions, and ways to respond to and manage emotions. These topics are covered using relevant biological, physiological, psychological, social, and environmental information.
  - **Expected Participation Rating** (scale from 0-none to 10-a lot): 2
  - **Facilitator: Gregory Burek (Marine Corps), M.D.**

- **Mindfulness (Tues 1400-1500) - Virtual only**
  - This group provides education about mindfulness and an opportunity to practice mindfulness on a weekly basis. Most people participate for about 12 weeks, but members may continue if they feel it is still beneficial. During the education portion, we discuss the pros/cons of mindfulness, factors that make practice easier or more challenging, and set goals for our future mindfulness practice. Typical activities conducted in the group include mindful breathing, body scans, mindful listening, imagery, meditations, mindful eating, and more.
  - **Expected Participation Rating** (scale from 0-none to 10-a lot): 4
  - **Facilitator: Erich Roush (Army), Psy.D.**

- **Military Identity (Wed 1100-1200); HYBRID- Virtual or in-person**
  - This class explores the impact of military service and how it shapes the way we view ourselves. Some Veterans have difficulty connecting with civilians after service and hold onto military customs/values very tight. Other Veterans exit the service and push away their military identity (i.e. grow long hair, a beard, don’t wear Veteran attire, avoid the VA). This group helps all Veterans explore their own sense of military identity and their sense of self. This group is particularly helpful for Veteran’s in transition out of the service, for Veterans who have struggled feeling “lost”, for Veterans who feel they don’t deserve the title of Veteran, and for Veterans who only get along with other Vets. Active participation is encouraged.
  - **Expected Participation Rating** (scale from 0-none to 10-a lot): 5
  - **Facilitators: Erich Roush (Army), Psy.D. & Facilitator: Gregory Burek (Marine Corps), M.D.**
• **Trauma 101 (Wed 1200-1300) - Virtual only**
  o This class focuses on providing education about PTSD and strategies to manage symptoms during the recovery process. The group is lecture based with some discussion from group members about strategies used to manage PTSD related symptoms. The group is 12 weeks long and covers topics such as nightmares, fight/flight/freeze response, how trauma affects memory, ability to concentrate, anger, sleep problems, avoidance, numbing, and difficulty experiencing happiness. In this group, members do not discuss their specific traumatic experiences.
  o *Expected Participation Rating* (scale from 0-none to 10-a lot): **0**
  o *Facilitators*: Tamara Morris (Army), Psy.D & Mark Hufen (Navy) LPC, SAC.

• **Trauma Processing (Wed 1500-1600) - Virtual only**
  o This is a closed group (referral needed from provider) designed for group members to discuss and/or explore their traumatic events and how their traumatic experiences have impacted quality of life. Group is also designed to improve interpersonal functioning, build emotional tolerance, and increase self and other intimacy. Group members are encouraged to support, validate, and provide constructive interpersonal feedback to each other in a respectful and safe manner. These interventions are a method to increase insight and awareness; and have a corrective emotional experience within a group context.
  o *Expected Participation Rating* (scale from 0-none to 10-a lot): **10**
  o *Facilitator*: Erich Roush (Army), Psy.D. & Kathleen Rivero, Psy.D.

• **Boundary (Thurs 1000-1100) - Virtual only**
  o This class is open to any veteran who is interested in working with changing boundaries within their lives. The group will help veterans understand different kinds of boundaries within themselves and others, develop skills to establish and communicate boundaries, and explore strategies for when boundaries are crossed. Active participation is encouraged.
  o *Expected Participation Rating* (scale from 0-none to 10-a lot): **6**
  o *Facilitators*: Mark Hufen (Navy), LPC, SAC. & Christopher Clark (French Air Force), LCSW

• **Survival Skills (Thurs 1200-1300) – Virtual only**
  o This class is a Dialectical Behavioral Therapy (DBT) informed year-long class covering 4 different topics: mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. This group is designed for veterans or servicemen who demonstrate difficulties regulating emotions, dealing with crisis situations, and interacting with others. Group sessions will be comprised of mindfulness exercises, psychoeducation, and written assignments to enhance overall comprehension and application of the material.
  o *Expected Participation Rating* (scale from 0-none to 10-a lot): **4**

Last Updated 1/25/2023
Sleep (Thurs 1600-1700) - Virtual only

- This class provides education about sleep and sleep concerns. Group often begins with individual check-ins regarding current/recent sleep and any specific questions anyone might have or topics they would like to discuss further. This group provides information on a variety of sleep-topics, covering relevant medical, environmental, and personal/psychological influences. Such topics include, but are not limited to: PTSD and sleep, sleep hygiene (i.e., ways in which you can change your environment and routines to promote sleep), the effect of medications and substances on sleep, sleep cycles, and sleep phobia.

- Expected Participation Rating (scale from 0-none to 10-a lot): 1
- Facilitator: Gregory Burek (Marine Corps), M.D.

Grief (Fri 1100-1200) - Virtual only

- This class provides education about the grieving process and guidance to help those struggling with grief, both recent and historical. This group will recommend activities to effectively grieve, work toward acceptance, and building steps to move forward. Barriers to grieving will also be explored. Participation is strongly encouraged for group members.

- Expected Participation Rating (scale from 0-none to 10-a lot): 9
- Facilitators: Mark Hufen (Navy), LPC, SAC. & Christopher Clark (French Air Force), LCSW

Coping with Stress (Fri 1200-1300) - Virtual only

- This class is based on the COPE Inventory (Carver, 2013) and educates members about different styles of coping. The group is partly lecture based to provide education about each of the 15 coping styles and encourages discussion from group members about how they have used/not used coping styles during times of stress. Group members are encouraged to choose healthier coping styles while the group focuses on increasing understanding and skills to help that process. Most group members to join for 12 weeks, but participation may vary depending on member progression.

- Expected Participation Rating (scale from 0-none to 10-a lot): 1
- Facilitator: Erich Roush (Army), Psy.D.
Drop-in Groups for Veterans
(No appointment necessary, Free of Charge)
Virtual: https://zoom.us/j/92929598413 or Telephone: (312) 626-6799
Meeting ID: 929 2959 8413
Password: 11101775

• Veteran Support Group x 2 (Mon 1300-1400, Thurs 1730-1830) - Virtual only
  o This group is unique from the other Veteran track groups because it is FREE and open to
    the public. It is typically facilitated by Veteran Track staff and is designed to provide a
    supportive environment for veterans who may need additional support. This group does
    not have a set agenda, but topics typically covered include work conflict, relationship
    problems, anger at discharge process, lack of purpose in life, discomfort with military
    related holidays (i.e. Veterans Day, Memorial Day, 4th of July), road rage, and difficulty
    communicating with civilians.
  o Expected Participation Rating (scale from 0-none to 10-a lot): 0

• Veteran Yoga- IN PERSON (Tues 1800-1900)
  o This group is designed to help enhance mental health recovery through the adaptive
    healing of yoga. The group is led by Jim Martz, a fellow Veteran and Master Yogi Trainer
    by the “World Yoga Alliance.” He is certified in Yoga for 12 step recovery and is a trauma
    sensitive/aware Yoga instructor. This group is intended for former and current service
    members only. No family or friends allowed in meeting. No affiliation with Advocate
    Aurora Health Care required.
  o This group is located in the Lighthouse building in the President Room on the Dewey
    Center campus (1220 Dewey Ave, Wauwatosa, WI 53213)
  o Expected Participation Rating (scale from 0-none to 10-a lot): 7
  o Facilitator: Jim Martz (Marine Corps), Certified Yoga Trainer

• Mind, Body, Spirit- IN PERSON (Wed 1630-1730)
  o This group is designed to provide education about different types of alternative healing.
    Come discover a private, safe, and free group dedicated to the exploration of different
    ways to approach healing, brief opportunities to practice, and get connected to local
    resources. You’ll find support from your military brothers and sisters as you learn about
    different ways to heal such as:
      ▪ Equine / animal supported therapy
      ▪ Energy work
      ▪ Aroma therapy
      ▪ Poetry / Songwriting
      ▪ Chiropractic / acupuncture care
      ▪ And more...
  o This group is located in the Lighthouse building, 2nd floor, Veterans Lounge on the
    Dewey Center campus (1220 Dewey Ave, Wauwatosa, WI 53213)

Last Updated 1/25/2023
o *Expected Participation Rating* (scale from 0-none to 10-a lot): **3**
o *Facilitator: Jon Christensen (Army) LPC, CSAC*

**Drop-in Groups for Family/Friends**
(No appointment necessary, Free of Charge)
https://aah-org.zoom.us/j/97327086587?pwd=ZDQ5T09TTTdRNEdockJCbzdTZ1RRQT09
or Telephone: (312) 626-6799  
Meeting ID: 973 2708 6587  
Passcode: 2022

- **Homefront Support Group (Mon 1200-1300) - Virtual only**
o This group is designed for the support system of Veterans, whether family or friends. The group is FREE, open to age 13 and above, and is open topic forum. This group is designed to offer a safe place for those supporting Veteran’s to gain education, vent, and receive support from others like you. This group will be facilitated by a mental health professional with military experience and experience helping Veteran supports.
o *Expected Participation Rating* (scale from 0-none to 10-a lot): **0**
o *Facilitators: Erich Roush (Army), Psy.D.*