

COMBAT PTSD GROUP

GROUP LEADER: MICHAEL H. BORASH, LPC

WHEN

Tuesday Nights

6:30pm-8:00pm

Beginning October 6, 2020

WHERE

Virtually via Zoom

Group members will be e-mailed a link for each group session

GOALS OF THE GROUP

- PROVIDE AN INCREASINGLY SAFE SPACE FOR VETERANS TO CONNECT AND SHARE THE IMPACT OF THEIR SERVICE
- INTRODUCE TECHNIQUES AND PROTOCOLS FOR REDUCING THE SYMPTOMS OF COMPLEX PTSD
- PROVIDE THE SAFE CONTEXT NECESSARY FOR RELATIONAL GROWTH AND EMOTIONAL HEALING TO OCCUR
- ASSIST EACH INDIVIDUAL IN DEVELOPING A COMPREHENSIVE, RATIONAL, AND TRANSPARENT NARRATIVE OF THEIR TRAUMATIC EXPERIENCES

**FOR MORE INFORMATION OR TO
SCHEDULE AN APPOINTMENT PLEASE CALL
ERICA AT (571) 552-4483**

**OPEN TO
VETERANS OF ALL
BRANCHES**

**THE COST IS \$50/
GROUP SESSION OUT
OF POCKET.
MOST MAJOR
INSURANCES ARE
ACCEPTED INCLUDING
TRI-CARE.**

**AN INDIVIDUAL
APPOINTMENT WITH
MICHAEL BORASH IS
REQUIRED BEFORE
START OF GROUP.**

MICHAEL H. BORASH, LPC, P.C. BIO

Michael Borash is a Virginia State Licensed, National Certified Professional Counselor, and a Certified Clinical Trauma Professional. He has been Licensed to practice in Virginia since 1980.

Mr. Borash is a decorated Vietnam veteran having served two tours in 1968 and 1969. He led his first PTSD group for Vietnam Vets in 1982. He has additional specialties in addiction Treatment and Relationship Therapy.