

Vet Center PTSD Therapy Group
By Chaplain Ron Rayner

I attend a VA sponsored PTSD therapy group that is run by a Detroit, Michigan Vet Center therapist. The group is the most helpful portion of the treatment I receive from the VA as I fellowship and can communicate with men that have had like experiences and similar problems.

Members of my therapy group are associated with various charitable organizations. The following quotes point out what we in the therapy group have found to be true.

“The generous prosper and are satisfied; those who refresh others will themselves be refreshed.”

Proverbs 11:25 New Living Translation

“It is one of the most beautiful compensations in life ... we can never help another without helping ourselves.” Ralph Waldo Emerson

“Those who bring sunshine to the lives of others cannot keep it from themselves.”
Sir James Barrie

A perfect example of this was members of the group helping out at a warming shelter for the homeless in Pontiac, Michigan. Group members worked in the kitchen, checked people in, and handed out blankets at the center. It was a very uplifting experience for a group of men who have PTSD problems with self-esteem and depression. It was very nice to help someone who needed it and hang out with friends who I am comfortable with.

Some of the group is also involved handing out food baskets and presents between Thanksgiving and Christmas and other charitable projects over the year. The bottom line here is avoiding isolation and having a feeling of purpose in my life.

“Share each other’s troubles and problems and in this way you obey the law of Christ.” Galatians 6:2 New Living Translation

