

Open to all Alaska veterans and their families

Tele-counseling:

Video-linked confidential counseling for veterans with counselors for two services available:

- 8 week stress reduction series using biofeedback techniques with a free biofeedback device for the veteran to keep.
- Skills learned in these sessions help with the aftermath of life trauma, trouble sleeping, coping with chronic pain, anxiety and/or depression, or other stresses.
- Ongoing counseling for PTSD, anxiety and/or depression and life traumas. Duration determined by the veteran and counselor.



Find out how to access these telehealth services in your own home or community location:

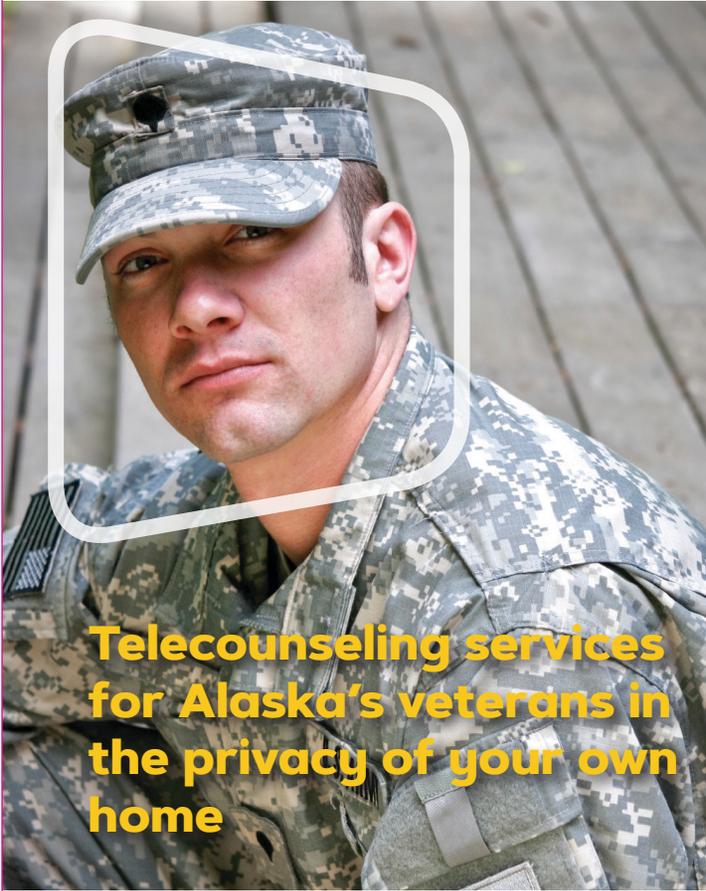
For telehealth counseling information and to schedule an appointment call: 1-888-889-6472 or visit www.sitkacounseling.org/services

Alaska Women Veterans Program Manager
888-353-7574 x 4737 or 907-257-4737
National Women Veterans Center
1-800-829-6636



Veterans Crisis Line 1-800-273-8255

Alaska's Veterans Telehealth Program



Telecounseling services for Alaska's veterans in the privacy of your own home

- Counselors are skilled in trauma-related services
- 8 week stress reduction series using biofeedback techniques with free hand held portable biofeedback device for the 1st 100 veterans
- Ongoing counseling
- For all veterans enrolled or unenrolled

Video-Linked Counseling for Alaska veterans offers 2 options:

1. Short-term 8 week stress reduction training using biofeedback

Biofeedback uses signals from your body to indicate what is going on below the surface. Using a sensor to measure your heart rate, the counselor shows you how the heart and brain work together.

Visual representations show when signals are out of sync, indicating stress.

Learning these skills can help you shift moods and emotions and promote more effective positive responses, (You ease the symptoms of stress and trauma and rebuild effective, healthy, brain-body connections.)

The hand-held biofeedback device pictured to the right plugs into smart-phones to connect with the downloaded app and the clip goes on an earlobe to measure heart rate.



2. Ongoing counseling

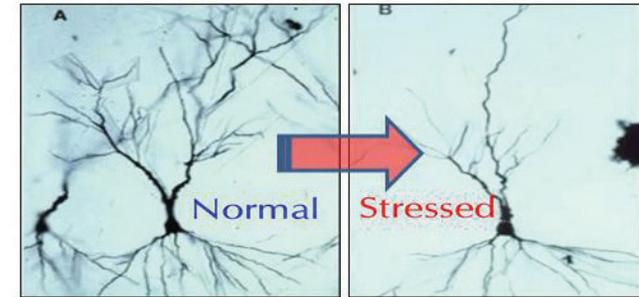
This option lets you choose to focus on changes you want to make in your life: examples are help with the aftermath of trauma, anxiety and/or depression or other stresses.

Counseling sessions continue depending on what you want to work on and how long you want to work with a counselor to create positive changes.

Effects of stress on brain & body

Physical changes in the brain alter the chemical makeup and pathways in the brain and body. This causes changes in emotions, thoughts, and behavior.

Stress Shrinks Brain Networks



Emotions and thoughts can become confusing, immobilizing, and overwhelming.

That can put you in a constant state of stress. People can become “stuck” in the dysfunctional patterns created by stress, reliving and physically experiencing trauma and related negative emotions.

Rebuilding healthy pathways helps you create positive patterns of emotions, thoughts, and behaviors.

What is trauma-informed counseling?

Trauma affects everybody’s ability to function in different ways.

Treating the effects of trauma uses methods that make connections between the brain and body.

This is done using evidence-based methods and counseling techniques. This approach enables you to process past trauma experiences.

This processing will help you regain a healthy quality of life.

