

Maine VFP Chapter 001
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Maine Veterans for Peace
**Symposium On
Post Traumatic Stress
Disorder (PTSD)**
Surviving Trauma



*Camilo Mejia
Charlie Clements
Kate Braestrup
David Meyer, PhD.*

Saturday, April 23

9:00 am to 5:00 pm

**Hannaford Lecture Hall
USM Abromson Center**

On the cover: The artwork on the cover is a segment of the painting by Pablo Picasso entitled *Guernica* depicting the destruction of Guernica, Spain, by twenty-eight German bombers, on April 26, 1937 during the Spanish Civil War. *Guernica* shows the tragedies of war and the suffering it inflicts upon individuals, particularly innocent civilians.

Program Schedule

- 8:00 am Registration
- 9:00 am Welcome – Douglas Rawlings
- 9:15 am Opening Remarks – Michael Uhl, PhD
- 9:30 am Camilo Mejia
- 10:15 am Break
- 10:30 am Charlie Clements, MD
- 11:15 am Kate Braestrup
- 12:15 pm Lunch
- 1:00 pm David Meyer, PhD
- 2:00 pm Workshops on EMDR, Alternative Modalities, Civilian Victims of War and Military Sexual Trauma
- 4:00 pm Q&A with Keynote Presenters

Registering for the Symposium

Registration will begin at 8:00 am. Sessions will run from 9 am to 5:00 pm with a one-hour break for lunch.

Registration fee for health care professionals is \$50 (with contact hours toward CEU's available).

The registration fee for students, veterans and for individual family members for the all-day program is \$25. Sliding scale and scholarships available. Both fees include lunch.

For advance registration, send check to Maine Veterans for Peace with names of those attending, address and phone number to: Kristina Wolff, Treasurer
Maine Veterans for Peace #001
441 Fairbanks Road
Farmington, ME 04938
Email: wolff01@gmail.com
Phone: 1-207-491-1526

For further information and a map to the Abromson Center, go to www.vfpmaine.org

Presented by
Maine Veterans for Peace
William Ladd Chapter 001

Co-sponsored by
USM Sociology Department

Who would benefit from attending the Symposium on PTSD: Surviving Trauma?

- Health care professionals from a wide spectrum of disciplines.
- Servicemen and women currently serving in the armed forces.
- Military veterans of current and past wars.
- Loved ones of servicemen, servicewomen, and of veterans.
- Individuals working in a war zone or anyone subject to violence of any kind.
- Peace and social justice advocates.
- Emergency workers / law enforcement, fire fighters, EMTs.
- All with a special concern for the physical and emotional well-being of our military veterans.

About the Speakers

Camilo Mejia

Camilo E. Mejia is an Iraq war veteran and conscientious objector. He has received individual and group therapy for PTSD at the VA Hospital in Miami, Florida. Camilo is also the author of *Road From ar Ramadi: The Private Rebellion of Staff Sergeant Camilo Mejia*, an Iraq war memoir.

Charlie Clements

Charlie Clements is a public health physician and human rights activist. Though he was a C-130 pilot in Vietnam, he does not think he has any PTSD issues related to service there. After leaving the service he became a physician and volunteered to work in the civil war in El Salvador. He worked primarily with civilians in an area that would become a 'free fire zone,' bombed, rocketed, or strafed daily by U.S. supplied aircraft. Though in denial for years, he finally faced his own El Salvador-related PTSD. He's the author of *Witness to War* (Bantam, 1984) and currently Executive Director of the Carr Center for Human Rights at the Harvard Kennedy School.

Kate Braestrup

Kate Braestrup is a community minister and law enforcement chaplain with the Maine Game Warden Service, assisting them with death notifications. She is also the author of the New York Times bestselling memoir *Here*

If You Need Me as well as Marriage and Other Acts of Charity and Beginner's Grace: Bringing Prayer to Life. She will talk about death, death notification, and what she has witnessed about love, human connections, grief and human creativity through working so intimately with sudden, unexpected death as chaplain for the Maine Warden Service.

David Meyer, PhD.

David Meyer is a licensed psychologist specializing in the treatment of Posttraumatic Stress Disorder. He received his doctorate in Clinical Psychology from the University of South Dakota with a specialization in Disaster Mental Health. David has co-authored a book chapter entitled "Psychological First Aid: Clarifying the Concept" in *Psychological Interventions in Times of Crisis*. David is currently a staff psychologist with the PTSD Clinical Treatment Team at the Togus VA Medical Center. Prior to his psychology career, Dr. Meyer spent several years as an EMT/Firefighter for the U.S. Forest Service as an engine foreman and helicopter rappeler.

Afternoon Workshop Topics

Eye Movement Desensitization and Reprocessing (EMDR)
Alternative Modalities
Civilian Victims of War
Military Sexual Trauma

More details available soon on our VFP website: www.vfpmaine.org

For advance registration, please send your check payable to Maine Veterans for Peace, For: PTSD Symposium, with name(s) of those attending, address, and phone number to:

Kristina Wolff, Treasurer
Maine Veterans for Peace #001
441 Fairbanks Road
Farmington, ME 04938

Please detach and return this form with your check.

Names of Attendees: _____

Contact Person _____

Name _____

Address _____

Phone Number _____

Unfortunately, I cannot attend. Please accept this contribution of \$_____ to help underwrite the Symposium.

Free Parking Available At The Center.