



Healing Warriors Program Clinic: A Season of Growth

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One hundred sessions delivered to veterans! Healing Warriors Program reached this important milestone Thanksgiving week 2013. It was Thanksgiving week 2012 that Healing Warriors Program received 501c3 nonprofit designation, a record two months after filing. We have always felt the hand of spirit guiding us and showing us the path forward, but this message of Thanksgiving is a powerful reminder of deep blessing - both in giving and receiving.

Healing Warriors Program delivers Acupuncture, CranioSacral Therapy and Healing Touch to service members and their families for relief of pain and symptoms of Post Traumatic Stress (PTS) and Traumatic Brain Injury (TBI). We provide five sessions at no charge, with additional sessions offered at a subsidized rate of \$30 or on a sliding scale as needed.

Healing Warriors Program clinic launched in July 2013, through the generosity of Dan and Jackie Cooper of Good Juju, LLC who provided us with our very first treatment room. Jackie, a Healing Touch Certified Practitioner, maintains a beautiful suite of clinic offices - holding a warm, healing space. This was the perfect soil for Healing Warriors Program to germinate.

In just a few short months, the fledgling clinic outgrew its space and the Northern Colorado Clinic Director, Sue Walker, BSW, HTCP, CRM, and Board Member Ed Woofter, BS/AS, MS, LPN, began a search for an office that would provide us with a second treatment room and a reception area. Once again feeling conscious of spirit's guidance, a clinic space with two treatment rooms and a reception area were located and we moved the clinic into the new space on Thanksgiving day. In October 2013, Healing Warriors Program acquired registered vendor status with the local VA medical centers in Denver, CO and Cheyenne, WY for acupuncture services. Being a registered vendor means that we are eligible to provide acupuncture to VA patients when their physician writes an order for treatment.

From the beginning, one of the primary goals of the Healing Warriors Program clinic has been to reduce pain. We all know that living in a chronic state of pain has serious consequences on a person's sense of hope and well-being. Pain impacts a person's ability to participate in work and family life and places stress on relationships. Alleviating that pain can make a profound impact on the quality of life, not only for the service member, but for their families, co-workers and their community. Each day clients walk into the clinic



with high levels of pain and leave feeling refreshed and reporting relief.

However, pain is not the only issue. What we learned as we saw more and more clients is that in addition to pain - anxiety - one of the primary symptoms of Post-Traumatic Stress - was another critical piece in the healing formula. As we who practice energy therapies know, Healing Touch and other energy therapies offer powerful means for reducing stress and anxiety.

Effective pain and stress management enables service members to readjust to civilian life. **In addition**, you may notice the ripple effect throughout the entire community. Service members who feel better and are less anxious, have the opportunity to become better

neighbors, employees, parents and spouses. The focus of day-to-day life gradually transforms from pain and stress management, to re-engaging in living a fuller life.

The next phase of implementation for Healing Warriors Program is the self-care education and training piece. This kicks off in January 2014 when we will gradually introduce various self-care tools such as Jin Shin Jyutsu, yoga, EFT and more.

We have exciting growth planned for 2014! We invite you to join us in supporting our valued Service Member community and take part in creating a new model for health and wellness. We look forward to 2014! Website - www.HealingWarriorsProgram.org 