

# Lorraine Tindale Counselling & Psychotherapy Services

**Objective:** To explore ‘How does walking, enhance the effects of EMDR treatment in combat veterans with complex PTSD’.

**Methods:** The research will recruit combat veterans with complex PTSD, who are affiliated to non-government ex-veteran support group, Phoenix Heroes. Which supports and engages combat veterans from all regiments and infantries off the streets, socially, physically, through retraining schemes and employment schemes. All selected participants need not had prior PTSD and complex PTSD treatment. And fit to partake in walking EMDR treatment. The research will be qualitative study and it will use an interpretative phenomenological analysis (IPA) to explore the emerging data form both the participants and researcher’s perspectives.

**Results:** Emerging themes.

1. Combat veteran preferred option of accessing mental-health services.
2. What drives them to seek help.
3. What deters them from seeking help from MOD & NHS.
4. How they attachment style predisposed them to PTSD.
5. What kind of treatment they responded favourable to?
  - a) Psycho-education
  - b) Structured
  - c) Phased
  - d) Specifically tailored to their individual needs.
6. What kind of support and mental-health treatment do they want?
7. Recommendations for MOD & Government on findings

**Conclusions:**