



Dodging the Shrink

"Dodging the Shrink" is a groundbreaking book to assist veterans in their journey toward better mental health. Authored by Dr. John Heintzeman, this enlightening guide offers valuable insights and practical advice on alternative therapies that can effectively supplement traditional treatments. Focusing on empowering veterans, "Dodging the Shrink" serves as a beacon of hope, providing accessible options for enhancing mental well-being after military service.

Understanding the Mental Health Challenges of Veterans

"Dodging the Shrink" sheds light on veterans' unique mental health challenges. It explores the potential impact of post-traumatic stress disorder (PTSD), depression, anxiety, and other conditions resulting from combat experiences. By establishing a foundation of understanding, the book emphasizes the need for holistic approaches to healing and recovery.

Exploring Alternative Therapies

"Dodging the Shrink" delves into a comprehensive range of alternative therapies that have shown promise in promoting mental well-being among veterans. The book explores evidence-based practices such as mindfulness meditation, yoga, art therapy, equine-assisted therapy, and outdoor activities like hiking and nature therapy. Each therapy is explained in detail, highlighting its potential benefits and how it can be integrated into a personalized treatment plan.

Navigating Resources and Support Systems

Recognizing the importance of a supportive network, this book provides a comprehensive list of resources available to veterans, including non-profit organizations, government programs, and online communities. It highlights the importance of connecting with others with similar experiences and encourages veterans to seek a community that understands and supports their mental health goals...

Conclusion

"Dodging the Shrink" is a guiding light for veterans, offering practical insights and alternative therapies to enhance their mental well-being...

The book is available at Amazon or at <http://www.theveterandocor.com/>



The Therapeutic Pow Wow: Helping Vets with Vets!

All right folks, hold onto your helmets because we're about to dive headfirst into the trench of empathy. Veterans helping veterans: it's not just a good idea, it's the new black of the mental health realm. We're not talking about the outdated method of laying on a shrink's couch and reliving your high school prom night (trust me, no one needs to revisit those tragic fashion choices). No, we're talking real, bona fide healing by helping our fellow comrades in arms.

Grab a cup of joe, sit your camo-clad behind down, and buckle up. Let's embark on this hilarious journey of (self) discovery.

First things first, let's face it - who understands a veteran better than another veteran? Who else is going to get your references about MREs, understand why you've got a love-hate relationship with sand, or appreciate your exceptionally colorful language, otherwise known as "Military Grade Cussing"? It's like trying to explain the Star Wars prequels to someone who only watched the original trilogy - they're just not going to get it.

Helping your fellow vets isn't just about sharing war stories, though. It's also about sharing the same frustrations. Like how civilian life lacks a clear chain of command. Who knew "every man for himself" would be so confusing? Or the trauma of finding out that civilians have to decide what to wear every day?

Sharing these struggles with a fellow veteran is like finding the last piece of a jigsaw puzzle - one that's a bit frayed around the edges and maybe chewed on by the dog - but it fits. It gives a sense of purpose, understanding, and camaraderie that you can't find anywhere else. It's like therapy, only less Freud and more John Wayne.

Now, onto the second part of the equation - healing. There's a sweet irony in the fact that helping someone else can often be the most self-serving thing you can do. In the military, we're taught to be selfless, but here in civvy street, helping others gives us a much-needed hit of the warm-and-fuzzies.

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Think about it: you're down in the dumps, feeling like an alien in your own hometown, when you reach out to another vet. Suddenly, you're not alone anymore. It's just like when you discovered that one of your battle buddies also didn't know how to fold a fitted sheet. It's the shared human experience - a moment of "same boat" camaraderie that makes you feel, well, normal. It's a type of therapy that doesn't require a PhD or a leather-bound notebook.

Now, you might be wondering, how does one get started on this do-it-yourself therapeutic odyssey? First off, you don't need a PhD in Psychology (though a minor in Sarcasm might be helpful). All you need is an open mind and a willingness to lend an ear, or a shoulder, or a well-timed dad joke.

The starting point of this journey is recognizing that you're not alone. It's not just you who's fighting with a self-checkout machine because it won't stop screaming about an "unexpected item in the bagging area." You're not the only one who has sworn a personal vendetta against every vacuum cleaner that dares to sound like incoming artillery....

In the end, we're all just a bunch of vets stumbling our way through the civilian life with a healthy mix of grit and sarcasm. But there's a strange kind of therapy in knowing that we're all in it together, bumbling along, helping each other navigate this strange new terrain. After all, it's the military way: leave no one behind. Not even when they're trying to figure out which day is trash day.

So, there you have it, folks. Helping other veterans is the new age, no-couch-needed, completely free therapy. Who knew mental health could be so frugal, or that we'd all become our own quirky therapists? Well, buckle in, because it's going to be one heck of a healing ride. And if anyone has tips on how to fold those darn sheets, please share. We're all in this together, after all.

Complete article is on [The Veteran Doctor Blog](http://www.theveterandocor.com/). Please go to <http://www.theveterandocor.com/> for this article and more.



Sky High Salutes: How Airlines Show Their Love for Veterans

Saluting our veterans isn't just for Veterans Day, folks. Airlines have taken up the call to honor those who served our country, providing some interesting perks that range from "Wow, that's thoughtful!" to "Seriously, who came up with this?"

Starting strong, we've got the granddaddy of all carriers, American Airlines. They've got a reward program that's not just for accumulating miles for your vacation to Bora Bora. No sir, it's also for supporting veterans. "AAdvantage," they call it. Sounds more like a superhero name. Well, guess what? They are superheroes. Vets get extra miles that can be donated to veteran-related charities. A sort of "Robin Hood" moves, taking from the rich (frequent flyers) and giving to the heroes.

Next on parade, we have Delta, the airline that practically invented the "slightly less awful middle seat." Delta offers exclusive military discounts plus free checked bags. Free checked bags, folks! It's like

finding an oasis in the desert of nickel-and-diming that air travel has become. We can almost see the grizzled veteran, weighed down by the trauma of war, suddenly brightening up at the prospect of saving \$30 on a suitcase full of uniforms.

Not wanting to be left out, United Airlines provides veterans up to 5% off on tickets for their Veterans Advantage program. A whopping 5% off! Now you can take that dream vacation, knowing you've saved enough to buy half a Starbucks latte at the airport. Every little helps, right?

Southwest, the airline that makes you feel like you're at a casual Friday meeting, offers special fares for active duty and veterans. How special are these fares, you ask? They don't tell you on their website. It's a secret. Shhh.

On the other hand, JetBlue offers a 5% discount and two free checked bags. There's a sense of déjà vu here.

Like they've copied off their buddy's homework and just changed a couple of things. Creativity points: zero. But hey, two free checked bags is nothing to sneeze at.

Continuing on our journey through the exciting world of veteran benefits from airlines, let's circle back with Spirit Airlines. Known for its 'Bare Fare' model that allows passengers to pack light, fly for less and get fewer services, it might surprise you that they have a heart. They offer free bags for active-duty military members. Don't get too excited; they didn't mention anything about veterans. This is Spirit, the airline that makes Scrooge look like Santa.

Hawaiian Airlines, where the aloha spirit meets the skies, gives a generous 5% off to veterans. It's like they've thrown in a lei with that discount. What's next, a ukulele serenade?....

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Monthly Resource Picks



Waypoint Vets

www.waypointvets.org

Waypoint Vets is a 501(c)(3) Non-Profit Organization that facilitates unique opportunities of Camaraderie and Healing for Military Veterans across America. Our adventures combine mental and physical intensity with the stillness and beauty of nature. We strive to deliver meaningful and lasting experiences that our Veteran participants can look forward to and reflect upon. The Heartbeat of Waypoint's Mission is to Honor our Fallen by *Living*, and by taking back our Health and Happiness – *together*.



NV Outdoor Adventure Foundation

www.nvoaf.org

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3) We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

We also provide hunting, fishing, and outdoor adventures for children under the age of 18 and young adults under the age of 25 with cancer or another life-threatening illness.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.

Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA –Thursday, July 6th, 13th, 20nd, 27th, 2023 @ 8:00am – Occurs Every Thursday!
- NVOAF Fundraising Banquet – Gold Coast Hotel and Casino – 4000 W. Flamingo Rd, Las Vegas, NV 89103, USA, Saturday, July 8, 2023 @ 6:00pm – 9:00pm
- SNVCC 3rd Quarter Professional Mixer – The Rouge Room (Red Rock Resort and Casino) – 11011 W. Charleston, NV 89135, USA - Thursday, July 27, 2023 @ 5:00pm



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