The mission of the Veterans Health and Trauma Clinic (VHTC) is to support the wellness and behavioral health needs in our military and civilian communities with integrated, research informed services. At the Veterans Health and Trauma Clinic, we are here to provide behavioral health services to the Colorado Springs Police Department under the CSPD Wellness Program.

We offer specialized care for trauma survivors and those who assist them to move forward positively in their lives with a focus on health and wellness. The VHTC is uniquely positioned in the community to offer integrated behavioral healthcare.

- Specialized treatment for first responder stress, sexual assault, physical or psychological trauma, depression, anxiety, eating disorders, Post-Traumatic Stress, and secondary trauma
- Individual, group, and family psychotherapy services
- Ages 12 and older
- Licensed, experienced clinicians

CSPD Wellness Program Services

As part of your wellness program with CSPD, covered services include individual therapy, family therapy and group therapy.

Individual Therapy

Our clinicians are trained to provide cognitive-behavioral and exposure-based treatments including: Eye Movement Desensitization and Reprocessing (EMDR) therapy, Cognitive Processing Therapy (CPT), and Prolonged Exposure (PE) therapy as well as other evidence-based interventions.
EMDR: Psychotherapy method that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma.

CPT: A specific type of cognitive behavioral therapy that has been effective in reducing symptoms of PTSD. Learn how to challenge and modify unhelpful beliefs related to the trauma and, in so doing, create a new understanding and conceptualization of the traumatic event so that it reduces its ongoing negative effects on current life.

PE: A specific type of cognitive behavioral therapy that teaches individuals to gradually approach trauma-related memories, feelings and situations.

Group Therapy

Trauma Regulation Education Experience (TREE) Group:
Designed for individuals who have experienced significant stress or trauma, are new to treatment, or who want to learn concrete ways to reduce the effects of stress. Group members will learn about the body’s stress response; and how to promote optimal brain health and functioning through nutrition, exercise, and improved sleep. Members will experience an introduction to mindfulness and some basic yoga.

Resilient Families Group:
A multi-phase group for both parents/caregivers and their teens who want to learn more about ways to build family resilience after experiencing trauma. Topics include: Resiliency and characteristics of resilient families, trauma and its impact on families, parenting, and teen development, emotions and how to manage them, parenting skills, communication skills, boundaries and privacy in families, and characteristics of healthy families.

Dialectical Behavioral Therapy (DBT) Group:
The DBT Program is structured around learning to apply skills to everyday life. Individuals discuss the skills they have learned and learn new skills each week. The skills build upon each other and help each person to live a more joyful life while decreasing unwanted suffering.