



Clinician Roles and Responsibilities

Invictus Veterans & First Responders Program

The way our team works may be somewhat different to what you have experienced in the past when seeing someone like a physiotherapist or psychologist. Please see the information below for a good understanding of the type of service you are likely to receive from our team.

Psychology

The main role of our psychology team is to provide mental health assistance throughout our sessions by performing wellness checks, leading mindfulness activities, providing motivational strategies, assisting with behaviour change techniques, conducting individual or group based psychotherapy sessions, and assisting the physical team in case you, or any other participant, needs assistance throughout a session.

Physiotherapy

Most people have seen a physiotherapist at some point in their life, where they received a quick assessment followed by predominantly manual therapies such as massage, dry needling, cupping or manipulations. You may have also been given exercises to do at home. As part of our program, our physiotherapy team uses an evidence-based approach to help you with your injuries by assessing what needs to be done, using pain management techniques if needed, and helping you recover through exercise therapy. In addition to this, our physiotherapists will perform health checks before and after sessions, conduct warm ups and cool downs, help with stretching or mobility exercises before and after workouts, and be on hand to modify any activities that need to be altered.

Exercise Physiology

Our exercise physiology team works alongside the physiotherapy team to design therapeutic exercise prescriptions for your specific needs. These exercise prescriptions may include cardiovascular fitness activities, mobility and flexibility exercises, neuromuscular and motor control exercises, strength building activities, eye hand coordination and reaction training drills to help with falls prevention, aggression and anger management exercises, or even hydrotherapy exercises if you are unable to perform activities under full body weight.

Yoga, Mindfulness, Martial Arts and Outdoor Activities

Several modalities may be used to accompany your main activities or as stand-alone sessions. These sessions will likely be run by our team's allied health staff or an accredited instructor. It is important to note that even when an allied health provider is conducting one of these sessions, it is not a replacement for individualised primary care. For instance, if you attend a yoga session run by a psychologist, do not think of this as a replacement for your usual psychology sessions, but as an add on.