



What Does a Session Look Like?

Invictus Veterans & First Responders Program

All of our sessions aim to address three main treatment goals in alignment with the DVA strategic plan. The goals of the program are to assist with preventive care, early intervention and treatment of existing medical conditions. Our main focus is on your mental health and wellbeing. We aim to assist those transitioning from military or first responder careers to civilian life, those beginning to suffer from mental health issues, and those already facing mental health challenges. This is achieved through the use of the most up to date training methods and evidence-based treatments carried out by our allied health team and black belt coaches to give you a new mission: Mission Unconquered.

Initial Session

Your first session will consist of a sit-down conversation where our team will go through your medical and injury history, physical activity history, readiness for exercise, goal setting and what you hope to achieve from being a part of the program. We will also perform some quick assessments to ensure your participation is safe, both physically and mentally, so that we can track your progress (all of which are confidential) throughout your time with us. Our team will then send correspondence to your referring practitioner with details of your individualised treatment plan to ensure you are safe and our program aligns with the recommendations of your primary health care provider.

Subsequent Sessions

After you have completed your first session you will be ready to join the program. Sessions follow a similar pattern most days in accordance with your specific treatment plan. Upon attending, you can expect a usual session to be made up of the following:

- Check in. Our team will ask you a brief series of questions to ensure that you are able to safely participate. If you have any flare ups of old issues, are presenting with new issues, or feel as if your psychological health is not quite where it normally is, this is a great time to let the team know so that they can decide the best course of action for you on the day.
- Warm up. Once we know everyone is ready and able to participate, we will begin a warm up to reduce the risk of injury. This is a specifically designed plan to prepare you for exercise. For example, if you suffer from chronic back pain, your warm up will include back mobility and strength exercises to help with your back pain.
- Main training. This is tailored to you and your specific conditions to ensure that you are not asked to perform anything which is likely to cause increased pain, damage or psychological stress. Sessions include elements of strength training, cardiovascular fitness, eye hand coordination, falls prevention, reaction time enhancement, and behavioural activation such as anger management and aggression de-escalation techniques through the use of martial arts training.
- Cool down and stretch. This helps with neuromodulation, relaxation and recovery so that you can enjoy the full benefits of your training in the coming days.
- Mindfulness. This helps you retain new information, become aware of your thoughts and feelings, focus on the present, and develop tools to better manage your daily life.



Each session lasts for up to two hours. If you are not able to complete the entire session, our team will modify your program to suit your needs.

Final Session

Your last session will be similar to your initial session. We will perform the same brief assessments that you completed in your initial session to see if any changes to your health and wellbeing have been demonstrated, and get your feedback on the program to see how it has been of benefit to you. We will then write to your referring practitioner outlining your treatment, along with a discharge letter with our recommendations for your future care.

If you have any questions about our program, please don't hesitate to ask. We look forward to helping you on your mission.