

## **“Triumph over Trauma” Program**

I was told about a group called 4 Aussie Heroes and their 11 day intensive live in course called Triumph over Trauma that they run in the Scenic Rim area of SE Qld. I had heard that other retired police officers had completed it, so I rang and spoke to one of them. The comments to me were “Just do it” also saying “I wish I’d done it 20 years ago”.

My experience at the Program was that nearly every presenter, mentor or visiting lecturer had lived experience with some sort of trauma and can relate back to you in a very open and easy to understand manner that was very refreshing in its simplicity.

Things were explained that I never thought to ask questions about from medications to yoga and everything in between. The explanations gave me clarity in my understanding of why I did certain things and even more importantly strategies on how to stop doing those things.

For the first three days I wanted to leave. I thought these other guys need this far more than me and I’m taking someone else’s place who needed it. It was survival mode for me to keep things the same. I didn’t want that so I stayed. It took that long to realise I did need to be there and I needed this as much as the other people there.

The weekend was great. As part of the program the partners attend for Friday and Saturday nights. They were brought into our new family of 8 and we all relished their company. I think my wife got as much out of it as I did, she got to hear of why I do things and how we both can change little things that make a huge difference. A few tears were shed by us both.

I found comfort in that these were my type of people who had dedicated their working careers to looking after other people often to the detriment of themselves. I felt at home with them and at days 10 and 11 I didn’t want to go home. I felt like I was back in the Academy in 1979 as a 17year old. I felt safe in their company and able to talk about anything if I wished.

It was all about moving forward with strategies and giving you the appropriate knowledge that were going to assist you in coping with it. You’ll never get rid of it but it can be controlled. It worked for me in that 11 days.

I now have 10 or so new friend who I can call on to discuss stuff going on in my brain. We are the same. This has worked for me like I never would have thought.

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Dear 4AussieHeroes Foundation,

This is my testimonial with regards to the triumph over trauma program.

4AussieHeroes sows the seed of life, a second chance, into the hearts and minds of first responders and veterans. This may as well be crafted by my children because Heidi and Jesse have their Dad back. A Dad who feels the love for them that they deserve. Two children spared the silent suffocating grip of trauma and PTSD that so many families are torn apart by. 4AussieHeroes and their triumph over trauma program didn't just save my life, it saved a generation and rescued everyone in my ripple effect. Looking back at the seed sown nearly one year ago, I can tell you by the sweet embrace of my two children, their joyous giggles and unconditional kisses, that I wouldn't change a thing.

My reflection is something that can't be quantified by checklists. Writing this testimonial is part of who I am now. I will nurture the seed 4AussieHeroes gave me because they are as rare as hen's teeth. The program works because they've done it the hard way and never given up on the people they aim to help and support. The program and foundation have a unique freedom and fortitude that larger organisations and politics can never ascend to. Each person has a seed sown into them. One that has their name on it. A seed handpicked just for them. Not one drawn out of a numbered jar.

From,

One of many

## **“Triumph over Trauma” Program**

To Gerry & Renita,

First and foremost, thank you so much for creating this amazing Foundation. The support you offer to Military and First Responder personnel is such a caring and compassionate thing to do.

I am a 37-year veteran in the policing. I now openly admit that for years I was suffering but would deny I had problems. Eventually it did get the better of me and I sought help. PTSD diagnosis with a variety of symptoms that I was and still am dealing with. One of my treating team suggested the Triumph over Trauma program. Initially I was very cynical and somewhat apprehensive about this sort of thing, but eventually I started to think it may help me. I rang Gerry and that was it because that conversation made my mind up about attending the program. Katrina then made contact and the process started.

I am so humbled to have had the opportunity to attend Triumph over Trauma in August-September, 2023. The input of Katrina and everybody else involved in the presentation of the package is fantastic. Nothing seems to be missed with all facets of mind and body covered. I now have a better understanding of what I am going through, and I now have a clear plan and direction in my path to post traumatic growth. The light at the end of my tunnel may still be small, but it is slowly getting bigger, and I will get to the end of that tunnel. I know that it is a slow road for me, but I will get there.

I am forever indebted to the Foundation and those involved. Your work is amazing. I will always support the Foundation for what you have done for not only me, but for all others that have had the opportunity to attend Triumph over Trauma.

Ross

December 2023

## **“Triumph over Trauma” Program**

Prior to attending your program in November 2022 and the refresh in Feb 2023, I was merely going through the motions of life.

I wasn't enjoying my life journey, I struggled to be in a room with people and had a distorted view of my self-worth.

After attending the live in program, I was able to identify my triggers and start the journey towards post traumatic growth.

I do not want to say one part of the program is better than the other, or one presenter is more relevant, as with the enormous amount of work the Foundation has put in, every aspect and element of the program has been considered and it is all very relevant.

Once the program was completed, I now have the skills to not only survive but thrive in this period of post traumatic growth.

I am once again excited to see what I can create in my future and have been given the coping implements and skills to deal with my triggers.

After an extended period of burn out I have commenced full time employment and have been able to apply the knowledge and skills I have been taught to manage my day-to-day experiences.

Thank you for giving me the opportunity to participate in your program and the ability to see that there really is growth after trauma.