

About the Training

Walking It In serves a variety of professional populations – in healthcare, behavioral health, law, social services, education, and public institutions – seeking to learn more about the military experience.

Walking It In takes a proactive approach tested in the theater of combat and based in lessons learned from Combat and Operational Stress Control. Walking It In achieves success by engaging personnel before they ever seek help and addressing issues before they become crises.

Course modules provide a rich and practical understanding of the modern military experience through presentations, first-hand filmed interviews with veterans, group discussion, and readings. Session participants receive an authoritative account of reintegration from those who have lived it. You will gain the perspective to view members of the military in an honest way and learn how to apply the training to your professional environments and community service.

Continuing Education credits will be offered through Carlow University Department of Social Work, a co-sponsor of this event. Carlow University Department of Social Work is a pre-approved provider of continuing education credits for social workers by the State Board of Social Workers, Marriage and Family Therapists and Professional Counselors. This program is approved for 6.5 credits.



Evaluations from Past Participants

"Walking It In was life changing."

"Beyond exceptional!"

"The Walking It In training provided by Journey to Normal, Inc. is truly transformative and provides an approach that is quite unique."

"It has opened my eyes to a need that we don't serve right now."



JOURNEY TO NORMAL



Walking It In

Walking It In provides battle-tested training on the issues and challenges faced by today's military, veterans, and their families.

Course Goals

At the end of the course, participants will be able to:

- ✓ Engage service members, veterans, and their families in a way that is accessible and culturally relevant
- ✓ Define themes central to the experiences of present day service members and families and recognize the effect these experiences have on their well-being
- ✓ Identify key cultural issues contributing to emotional, social, and psychological challenges faced by military members and their families
- ✓ Discuss all types of military service in a systemic and holistic manner
- ✓ Conceive, articulate, and act on strategies for connecting with members of the military in a meaningful manner
- ✓ Apply learning from this session to your own professional and personal context, in order to define your own contribution to bridging the military-civilian gap

For questions or to register, contact us at: info@jtninc.org or call 724-443-6343.



Lead Instructor

Colonel Thomas Stokes (Ret.) ACSW, LCSW, BCD, RN has a long career of service in the United States Army Reserves as a military social worker, and maintains a private practice serving members of the military and their families. He was Commander of the 328th Medical Detachment, Combat and Operational Stress Control Unit based in Coraopolis, PA, and he deployed to Afghanistan, serving as Officer in Charge of the Combat Stress Clinic at Forward Operating Base Gardez. Colonel Stokes has received the Combat Action Badge, Afghanistan Campaign Medal, NATO Medal, and Bronze Star. He is a graduate of the U.S. Army Command and General Staff College, and earned his MSW from the University of Pittsburgh. His professional career includes 29 years in behavioral health and administration with the Allegheny County Department of Human Services.

Enroll Now

We will offer one-day sessions of Walking It In on **Mar. 6, 2020** and **Mar. 27, 2020** at the Pittsburgh Mercy facility at 1200 Reedsdale St. **Contact JTN Inc. to register: email info@jtninc.org or call 724-443-6343.**

The cost will be \$150 for this full-day training. Financial aid is available for those with demonstrated financial need.

www.jtninc.org

