

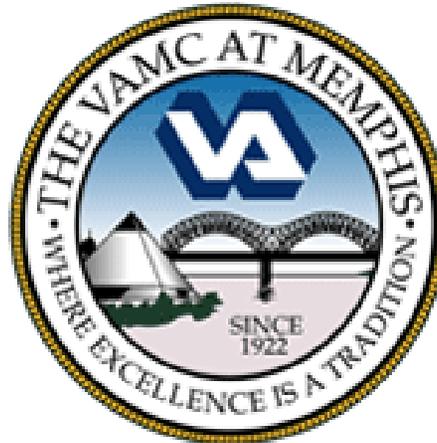


A B O U T U S

**Dr. Meghan McDevitt-Murphy** is a clinical psychologist on the faculty at The University of Memphis. She has 10 years of experience working with people who have experienced traumatic events. She is the director of the Trauma and Coping Research Group (TCRG).

The TCRG works with the Memphis Veterans' Affairs Medical Center to develop new ways of helping veterans with post-traumatic stress disorder (PTSD) and problem drinking after deployment to Iraq or

*Thank you for your courageous service to our country!*



TRAUMA AND COPING  
RESEARCH GROUP

THE UNIVERSITY OF  
**MEMPHIS**<sup>®</sup>

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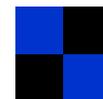
Phone: (901) 678-2891



# Project VALOR

*Helping veterans cope with PTSD and problem drinking*

*For veterans of the wars in  
Iraq and Afghanistan*



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## Are you in need of help?

Have you been deployed to  
Iraq or Afghanistan?



Have you had trouble adjusting  
to life after deployment?



Are you drinking more than you  
think you should?



Are you troubled by thoughts or  
dreams about your  
deployment?



Do you have (or think you have)  
Posttraumatic Stress Disorder  
(PTSD)?

## IS YOUR LOVED ONE CONCERNED?

*Sometimes it is difficult for veterans with PTSD to communicate about the ways they have changed since the war.*

*Some veterans turn to alcohol as a way of coping.*

*Alcohol abuse and PTSD can wreak havoc on relationships.*



## What is involved in Project VALOR?

If you enroll in Project VALOR, you will meet weekly with a therapist for several months (usually about 20-25 sessions). One of your significant others will attend about half of these sessions. The significant other could be a spouse/partner, family member, or close friend.

## Help is available!

Call Project VALOR today with questions or to schedule a consultation.

**(901) 678-2891**

*The Trauma and Coping Research Group provides free individual therapy to help OEF/OIF veterans and their loved ones cope with issues of PTSD and problem drinking.*

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