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The Elk Institute provides services at no cost to the service member or veteran.

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
Please mail your completed form and donation to:

3750 Gunn Highway, Suite 309, Tampa, FL 33618

Or, follow the donation link on our website to donate securely online at www.ElkInstitute.org

To offer in-kind donations such as products, services, or time, please call us directly at (813) 310-6686

 **Connect With Us On Facebook**
facebook.com/DrCarrieElk

 I was not meant to serve in the military, but I can serve our service members and veterans by providing them a safe place to land when they return home. 

~ Dr. Carrie Elk, PhD, LMHC, CTE

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THE ELK & INSTITUTE
FOR PSYCHOLOGICAL HEALTH & PERFORMANCE

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Empowering Lives is Key

ABOUT THE ELK INSTITUTE

The Elk Institute for Psychological Health and Performance is a non-profit 501(c)(3) established to provide education, treatment and consultation to the military and veteran community locally, nationally, and internationally at **no cost to the service member or veteran**.

We specialize in the education and treatment of psychological trauma (PTS, PTSD) for individuals and groups in the military and veteran population. Our goal is to provide straightforward, non-intrusive, respectful, and timely information and individualized,



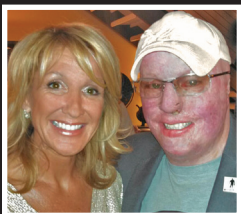
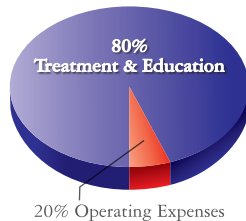
short-term, corrective treatment with the goal of achieving optimal psychological health and performance in the lives of those we serve.

The Elk Institute is designed to serve as an alternative or adjunct

to VA and military behavioral health services for those who choose not to access treatment at those facilities or are seeking another approach to treatment for PTSD and related issues. We can provide the treatment and education, but we need your support to help us carry our mission forward. Please take a moment to make your tax-deductible donation today, so we can continue to provide these valuable services.

HOW DOES THE ELK INSTITUTE USE YOUR DONATION?

As of our 2014 budget, 80% of all money donated to The Elk Institute provides the direct education and treatment of service members and veterans.



I would like to personally thank The Elk Institute for Psychological Health and Performance as well as Dr. Carrie Elk for the help I received, as well as the help given to others I know personally. I hope more of our Nation's Veterans will reach out for help, so they too can move forward in life.

~ Michael Schlitz
SFC (Ret), US Army

WHAT MAKES THE ELK INSTITUTE DIFFERENT?

Over her 20+ year career in the mental health field, Dr. Carrie Elk has identified three main barriers to the identification and utilization of treatment options for psychological trauma among service members and veterans. The Elk Institute was established in an effort to address these barriers.

1. STIGMA

Dr. Elk provides comprehensive, straightforward information and explains that psychological trauma (PTSD) results from a natural, physiological response to a threat in the environment during a traumatic event. This response can cause elements of the event to be left unintegrated or stored in fragments that become "triggers" later.

2. LENGTH & NATURE OF TREATMENT

While many current treatment models require 12-20 sessions, Dr. Elk has found positive outcomes can be achieved in 1-5 sessions, with a maximum of 10 therapy hours. During our sessions, we use a brief imaginal exposure therapy. **Disclosure of the traumatic material is not necessary and is completely voluntary.**

3. EXPECTED THERAPY OUTCOMES

Simply put, our goal for therapy is the elimination of the traumatic response to recalling the event or to triggers in the environment. To achieve this, we assist clients in reprocessing the memory by integrating the pieces or fragments.

- No medications/chemicals or devices used
- No mandatory disclosure
- No cost to the individual

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MEET FOUNDER AND EXECUTIVE DIRECTOR DR. CARRIE ELK

Dr. Carrie Elk, Ph.D., LMHC, CTE has been in the mental health field for over 20 years and provides education, treatment, and clinical research consultation on psychological trauma and other mental health and psychological performance topics to civilians, service members, and veterans organizations and individuals. She is frequently quoted as an expert in military mental health issues by the media.



- BS Towson State University-1991, M.Ed. Penn State University-1995, Ph.D. Florida State University-1999
- Served as Clinical Services Supervisor for MilitaryOneSource
- Two years at University of South Florida (USF) researching treatments for Post-Traumatic Stress Disorder and Traumatic Brain Injury
- Served as USF's first Military Liaison and a member of the Veterans Reintegration Steering committee
- Instrumental in developing USF's first course on Military and Veteran Health
- Subject Matter Expert to USSOCOM's Joint Special Operations Forces Senior Enlisted Academy, Care Coalition, and other groups in the SOF Community
- Honorary Wing Commander for the 927th Air Refueling Wing at MacDill Air Force Base, the Employers Support of the Guard and Reserve (ESGR), and the Florida Behavioral Health Alliance.

THE ELK INSTITUTE PROVIDES TREATMENT AT NO COST TO THE SERVICE MEMBER OR VETERAN

We rely on donations from groups and individuals like you who want to ensure our service members' and veterans' psychological health and performance. Those who want to support our troops and veterans can make a **tax-deductible donation** by filling out our donation form or follow the donation link on our website to donate securely online at www.ElkInstitute.org.