



-Introductory Mission Statement-

Veteran Resilience Project, VRP, is a Minnesota based non-profit organization established in 2015.

We train and refer to a statewide network of accredited therapists who provide confidential EMDR therapy (Eye Movement, Desensitization, and Reprocessing) to all Veterans: including Active Military, Reserves, and National Guard.

Since 1989 EMDR has led over 6 million people worldwide toward a more meaningful, healthy, and productive life. *

VRP reaches out to and serves those who experience trauma, post traumatic symptoms, adjustment challenges or moral injury, both on and off the battlefield.

VRP offers EMDR at no cost to those who served, regardless of VA eligibility.

Never too old for EMDR therapy!

Ron Kelly, a Korean War Pilot, is an example of how EMDR can change a Veteran's life at any age. After being diagnosed with PTSD and treated with EMDR at age 82, Ron said "I was a 12-cylinder guy who lived my life after military service on 6 cylinders." Ron is once again a "12-cylinder" guy who lives and shares his life and EMDR experience with all of us. He says, "My hope is that Veterans don't need to wait months, or years, or decades to receive EMDR Therapy or continue trying therapies that don't work. I urge every Veteran to contact VRP and find out about EMDR." To hear Ron Kelly's story: <https://youtu.be/cTsGuPokXzw>

* Leading professional organizations endorse EMDR for trauma therapy including: Department of Defense, Department of Veteran Affairs, WHO (World Health Organization), American Psychiatric Association, and SAMHSA (Substance Abuse and Mental Health Services Administration) International Society for the Study of Trauma Symptoms, and The Cochran Database of Systemic Reviews.



Bringing our veterans all the way home

Veteran Resilience Project (VRP) Vision Plan

Our goal is to be the premier organization that promotes and delivers life-changing therapy to serve Minnesota Veterans and Service Members (including Active and Reserve components) struggling to heal from the effects of trauma, moral injury, and reintegration to civilian life. These effects include suicide, homelessness, under employment, and more.

To be locally and nationally recognized as the most innovative EMDR (Eye Movement Desensitization & Reprocessing) education, training, and consultation organization for therapists of Veterans and Service Members.

To continue expanding outreach and collaboration with community* organizations to facilitate recovery and resilience for Veterans, Service Members, and their families.

To embrace indigenous, integrative approaches to comprehensive health and social justice for those who served, their families and the larger community*.

To create and refine systems to ensure diversity, inclusion, equality, caring and excellence of service.

To continue creating a network of partners that encourages communication, connections, and collaboration with our target audience and all stakeholders.

To continue to reach out to Service Members at high risk and focus on suicide education & prevention.

To achieve sustainable funding and be financially responsible.

VRP OUTREACH is:

OUT - go out of the office, out of comfort zone, out into community
R E A C H - Respect * Education * Awareness * Collaboration * Honesty

*The VRP Community is defined as: Minnesota, Veterans and Service Members, families and children, our government, Veteran organizations, therapists, peers, employers, VRP stakeholders, funders and donors, neighbors, volunteers, spiritual and faith-based communities, EMDRIA and professional organizations, professional athletes and performers, fraternity, and sorority organizations, and more.